

## I Had An EEG Today

I had an EEG today  
I had to be so good  
So the little waves inside my brain  
Could do the things they should

I had to lie there very still  
While on my head they stuck  
Metal things with wires on them  
And thick, white sticky muck.

I had to keep my eyes closed  
For nearly all the time  
To shut those brain waves in my head  
So down those wires they'd climb.

Then I had to take big breaths  
In and out and in,  
Until they told me I could stop  
And lie quite still again.

They also had this light that flashed  
And with my eyes shut tight  
I saw lots and lots of lovely shapes  
And colours really bright.

I had an EEG today  
And I really must admit  
I was a little worried  
But it didn't hurt a bit.

Poem courtesy of EEG Department

