

LIVING WITH EPILEPSY

FAST FACTS ABOUT: Epilepsy and sleep

Epilepsy and sleep are closely connected

In fact, some people have their first and only seizure after an “all-nighter” out on the town or after not sleeping well for long periods of time. If you are sleeping but aren’t waking up feeling refreshed, you may not be getting good quality sleep. Quality of sleep can be affected by epilepsy itself, or poor sleep habits. Lack of good sleep can not only affect the likelihood and timing of seizures, but also increase seizure frequency, intensity, and length.

SLEEP PROBLEMS ARE TWO-FOLD

for people living with epilepsy:

Epilepsy disturbs sleep

AND

Sleep deprivation aggravates epilepsy



HOW MUCH IS ENOUGH SLEEP?

Sleep needs are different for each person and can change with age. The National Sleep Foundation recommends:



SCHOOL-AGED CHILDREN
(6-13 years)

9 to 10 hours



TEENAGERS
(14-17 years)

8 to 10 hours



YOUNG ADULTS
(18-25 years)

7 to 9 hours



ADULTS
(26-64 years)

7 to 9 hours



OLDER ADULTS
(≥65 years)

7 to 8 hours

SET YOURSELF UP FOR A GOOD NIGHT'S SLEEP



Set up a realistic time for bed and stick to that schedule

Going to bed around the same time each night, even on weekends, will help train your brain to associate a specific time of the night to going to bed.



Create a sleep-friendly bedroom

Get a comfortable mattress and pillow. Try to limit the use of the bed for sleeping and eliminate distractions.



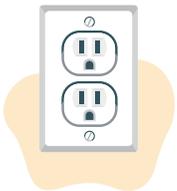
Shut down and relax

Follow a relaxing routine at the end of the day and consider some techniques such as deep breathing or meditation to help clear your mind before bed.



Get plenty of exercise during the day

Exercise helps combat stress and feelings of restlessness. However, exercise should be completed at least three hours before bedtime.



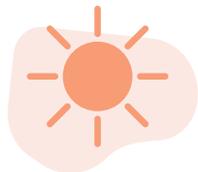
Unplug

Turn off electronics (e.g., smart phones, tablets, laptops, and televisions) an hour before bed.

Put your phone into "night mode" from sunset to sunrise.



Avoid large meals right before bedtime



Get some sun

Exposure to sunlight during the day can also jump-start the production of melatonin.



Limit stimulants and alcohol close to bedtime

Avoid caffeine after late afternoon and stay away from nicotine and alcohol before bedtime.



Pay attention to your environment

Keep the bedroom dark, quiet, and cool for the best sleep.



If you must use sleep aids, talk to your healthcare provider.

STILL HAVING SLEEP ISSUES?

Be sure to talk to your healthcare team!

SUNOVION and  are registered trademarks of Sumitomo Dainippon Pharma Co., Ltd.
© 2021 Sunovion Pharmaceuticals Canada Inc. All rights reserved. Sunovion Pharmaceuticals Inc. is a U.S. subsidiary of Sumitomo Dainippon Pharma Co., Ltd.
Sunovion Pharmaceuticals Canada Inc. is a CA subsidiary of Sunovion Pharmaceuticals Inc.