

Sleep Safety

Seizures that occur during sleep may present specific dangers. Here are some suggestions to help minimize your risk of injury.

MOUNT LAMPS:

Wall mounted lamps can be safer than table lamps.⁶



SLEEP RIGHT: Use an anti-suffocation pillow and avoid sleeping on your stomach.¹

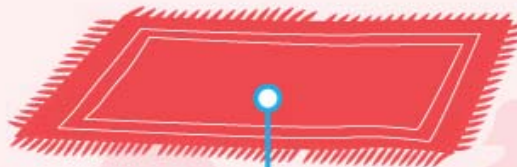
WEAR IT: Wearable devices can alert someone if you have a seizure while asleep. A simple baby monitor can work if someone else is in the house.⁴

STAY LOW: A bed that is low to the ground means less distance to fall in case of seizure.²



MAKE SPACE: Keep your bed a safe distance away from walls and any sharp-cornered objects.⁵

PAD THE FLOOR: Put a soft rug, carpet or safety mat on the floor for protection in case you do fall out of bed.³



Sources:

1. epilepsy.com/get-help/staying-safe/safety-while-sleeping
2. everydayhealth.com/childhood-epilepsy/safety.aspx
3. everydayhealth.com/childhood-epilepsy/safety.aspx

4. smart-monitor.com/
5. everydayhealth.com/childhood-epilepsy/safety.aspx
6. epilepsy.org.au/about-epilepsy/understanding-epilepsy/nocturnal-seizures-during-sleep