SUDEP is the sudden, unexpected death of a person with epilepsy.

SUDEP is less common in children, but it is a leading cause of death in young adults with uncontrolled seizures.

More than 1 out of 1,000 people with epilepsy die from SUDEP each year.

For people with poorly controlled seizures, the risk of SUDEP is much higher: it’s 1 out of 150 each year.

The best way to prevent SUDEP is to have as few seizures as possible.

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SUDEP is Sudden Unexpected Death in Epilepsy.

Epilepsy beginning in childhood

Young adult age (20-40 years old)

Hearing seizures for a long time

Not taking medicines regularly as prescribed

Hearing seizures at night

Other risk factors may include:

- Epilepsy beginning in childhood
- Young adult age (20-40 years old)
- Hearing seizures for a long time
- Not taking medicines regularly as prescribed
- Hearing seizures at night

Talk To Your Doctor About SUDEP

Get answers to these questions:

What is my risk of SUDEP?

What should I do if I have a seizure?

How can I prevent future seizures?

Are there additional treatments that can reduce and lower my risk of SUDEP?

Some other health conditions may increase your risk of dying or getting injured during or after a seizure. See your primary care physician for regular check-ups to help you stay healthy.

Learn About SUDEP Research Initiatives

Visit epilepsy.com/sudep to read more about SUDEP. Learn how the North American SUDEP Registry is working to understand the cause of SUDEP.

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Visit epilepsy.com or call 800.332.1000 to learn more about support and services in your area.