Know SUDEP Facts

SUDEP is Sudden Unexpected Death in Epilepsy

- SUDEP is the sudden unexpected death of a person with epilepsy.
- While SUDEP is rare, it happens in 1 out of 1,000 people with epilepsy. The risk in children may be lower.
- One way to lessen your risk of SUDEP is to have as few seizures as possible.

Know your risk for SUDEP

SUDEP can happen at any time and with any type of seizure.

It happens most often in people with
- Tonic clonic seizures
- Uncontrolled seizures
- Seizures at night

#DareTo take control

- Take your medicine on time, every day — exactly as prescribed.
  People whose seizures aren’t controlled have an almost 40 times higher risk of death than those whose epilepsy is under control.
- Keep a health diary of seizures, test results, and questions for your health care provider.
- Know your seizure triggers.
  For many people, not getting enough sleep, drinking too much alcohol, or feeling stressed can trigger more seizures.
- Create and share your own Seizure Response Plan.
  Get your doctor’s input and share it with your family, friends, co-workers, or teachers. Discuss how you can improve your safety at night with your doctor, family and friends.

Know how to stay safe

- If you have seizures at night, talk to your health care team about safety.
- Have someone check on you after a seizure or share a room.
- Ask your health care team about seizure alert devices and how to get help after a seizure.

Talk to your health care providers about SUDEP

Get answers to these questions:
- What is my risk of SUDEP?
- What should I do if I have another seizure?
- How can I prevent more seizures?
- Are there other ways to control seizures and lower my risk of SUDEP?
• What should I do to reduce my risk of SUDEP if I have seizures at night?
• Should I consider using a device to warn someone that I am having a seizure?
• Should I consider sharing a bedroom?
• What else should I know about?

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.

Tell your family & friends about epilepsy and SUDEP

• Your friends and family care about you, so let them know about your risks.
• Make sure they know Facts to Keep You Safe and when to call 911. Learn more at epilepsy.com/safetyfacts

#AimForZero

Getting the best seizure control possible is one step towards lessening the risk for SUDEP. Aiming for zero seizures means keep trying. Some people can get complete seizure control with available treatments. Others, especially people with a complex form of epilepsy or one that doesn’t respond to medicine, may never reach zero seizures. If you are in the latter situation, you still should not give up. It’s just as important for you and your family to do what you can to lessen your risks – lessen the risk of breakthrough seizures, severe or long seizures, triggers, and potential complications. There are many approaches that may vary from one person to the next. Here’s at least 4 important ones to help you get started:

• Take medication as prescribed – consistent, regular amounts of medicine are key for seizure medicines to work properly.
• Get enough sleep – not enough sleep or poor quality of sleep is a common trigger for seizures.
• Limit alcohol – too much alcohol can make a person more likely to have seizures, especially the day after drinking. Some seizure medicines may lower your tolerance for alcohol and you get drunk faster.
• Strive to stop seizures – don’t give up or settle for life with continued seizures. Be proactive and see an epilepsy specialist if you are still having seizures or side effects of medicines.