Sleep, Seizures and Stress
What's the relationship?

A NORWEGIAN STUDY found that the most common seizure triggers were sleep deprivation, tiredness and emotional stress.¹

Sleep Deprivation
Not getting enough sleep at night can leave you feeling tired during the day.²

Tiredness
A depletion of energy or strength can be the result of not getting enough sleep.³

Stress
For some individuals, stress levels can affect sleep, and vice versa, according to a survey conducted by the American Psychological Association.⁴

DID YOU KNOW?
Getting enough sleep may reduce the chance of having a seizure for some individuals.⁵, ⁶

ARE YOU GETTING ENOUGH SLEEP?
Before changing your sleep patterns, talk to your doctor.

TEENS
9 to 10 hours of sleep each night ⁶

ADULTS
7 to 8 hours of sleep each night ⁶

Sources:
1. ncbi.nlm.nih.gov/pubmed/16138128
2. nhlbi.nih.gov/health/health-topics/topics/sdd
3. mayoclin.ic.org/symptoms/fatigue/basics/causes/sym-20050894
5. ninds.nih.gov/disorders/epilepsy/detail_epilepsy.htm
6. cdc.gov/features/dssleep/