

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 night⁶



ADULTS
7 to 8 hours
of sleep
each night⁶

Sources:

1. ncbi.nlm.nih.gov/pubmed/16138128

2. nhlbi.nih.gov/health/health-topics/topics/sdd

3. mayoclinic.org/symptoms/fatigue/basics/causes/sym-20050894

4. apa.org/news/press/releases/stress/2013/sleep.aspx

5. ninds.nih.gov/disorders/epilepsy/detail_epilepsy.htm

6. cdc.gov/features/dssleep/