

# 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](http://epilepsy.com/safetyfacts).



To learn more about SUDEP, visit [epilepsy.com/sudep](http://epilepsy.com/sudep)

