

# Healthy Sleep Hygiene

Getting good sleep is essential for managing epilepsy.

Poor sleep can increase the risk of seizures.

Use these simple tips to build healthy sleep habits.

Small changes can make a big difference.

## Why Sleep Matters

Quality sleep can:

Reduce seizure triggers

Improve mood and focus

Support overall health

## Create a Calming Bedtime Routine

Wind down 30–60 minutes before bed with quiet activities such as reading, gentle stretching, or meditation.

## Snoring or Gasping?

If you snore loudly, gasp during sleep, or feel very tired during the day, tell your healthcare provider. Sleep disorders are more common in people with epilepsy.

## Make Your Sleep Space Comfortable

Keep room temperature moderate. Keep your bedroom quiet - wearing earplugs or closing the door may help. Sleep only in your bed, as sleeping in other locations at home may make it difficult to fall asleep. Keep your bedroom cool, dark, and quiet. Use a fan or white noise if needed.

## Manage Stress

Try deep breathing, mindfulness, journaling, or talking with someone you trust.

## Avoid Caffeine

Avoid caffeine, alcohol, and nicotine, especially in the afternoon or evening, as all can disrupt sleep.

## Limit Screen Usage

Turn off phones, tablets, and TVs at least 30 minutes before sleeping

## Keep a Consistent Schedule

Go to bed and wake up at the same time every day, including weekends. Get up at the same time every day. A regular wake time will help you fall asleep more easily at night. Stay consistent with your medication schedule to support seizure control.



## Don't Go To Bed Hungry

A light snack at bedtime may help you sleep. Avoid excessive fluid intake in the evening to minimize the need for nighttime trips to the bathroom.