



Brainwave The Irish Epilepsy Association
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Nocturnal Seizures

Seizures occurring at night time are not qualitatively different from seizures, which may be present in the daytime. However, due to the context in which they occur, consideration should be given to the following factors:

Beds, Pillows, and Safety Considerations.

Use low good-sized beds with padded headboards.

Avoid soft pillows, which can be dangerous due to the risk of smothering. Use instead an anti-smother safety pillow or no pillow at all.

Smoking in bed is unwise for everyone and particularly so for a person with nocturnal seizures. Consider using non-flammable bedding and a smoke alarm.

Keep heavy furniture, lockers etc. away from bedside to prevent injury during a fall.

Consider using a safety mat/rug on the floor next to the bed if the person tends to fall out of bed during seizures. Such mats are similar to those used in gymnasia.

Avoid the use of the top bunk for persons with nocturnal seizures.

Wall mounted lamps may be considered as they pose less safety risks than ordinary table lamps or study lamps which are easily knocked over.

Avoid coarse carpets, which can lead to friction burns for those who may fall out of bed. If it's not feasible to replace carpets, a protective mat will suffice as indicated earlier.