

Bedroom

Being safe in the bedroom is particularly important for people who experience unpredictable and/or night time (nocturnal) seizures. Having a seizure during sleep can present some specific dangers, such as objects near the bed causing injury, suffocation due to a seizure occurring while face down, or prolonged seizures which are not recognised by others.

While rare, a small number of people living with epilepsy die from [Sudden Unexpected Death in Epilepsy \(SUDEP\)](#), many of whom are found deceased in bed. While SUDEP is still being investigated, some research suggests that suffocation in bed may be a contributing factor.

Some tips which might increase safety in the bedroom, particularly if you are at risk of seizures during sleep:

- Consider using a low bed, mattress on the bed or a futon so that you are closer to the ground if you have a risk of falling out of bed.
- Consider placing pads on the floor beside the bed in case you roll out of bed.
- Keep furniture or dangerous objects away from your bedside.
- Avoid sleeping on your stomach.
- Soft pillows can present a suffocation risk, so consider using a safety pillow or firm foam pillow instead. Safety pillows have small holes which may assist you to breathe if you are face down during and after a seizure. Some people also choose to use firm foam pillows, or some choose to not use a pillow at all. Regardless, limit the number of pillows around you as these can get in the way during the night.
- Consider placing a monitor in your bedroom so that a person in the house can hear you during a seizure.
- Consider using a seizure alert or detection device during the night, or sleep periods, as these can assist in detecting movement during a seizure, breathing changes or a reduced weight on the bed (which may indicate a fall).

