

Sleep and seizure appointment checklist

Choose what helps; mark unknowns. Bring your notes and current medicine list. You do not have to track everything or watch someone continuously.

Help first, notes later. Follow the prescribed action plan. Call 911 in the U.S. for a first known seizure, one reaching 5 minutes, another soon after (especially without recovery), or trouble breathing/waking. These are examples; see first aid for the full emergency guidance.

☐ Sleep pattern

Usual bedtime/waking, naps, night waking and changes in work, school or caring routines.

☐ Sleep concerns

Falling/staying asleep, snoring/gasping if noticed, daytime sleepiness and effects on daily life.

☐ Events

Date/time; asleep, waking or awake; observations; event length and recovery. Separate guesses.

☐ Medicines

Current list/times, missed doses, side effects, and sleep products or supplements already used.

☐ Preparation

Action plan, prescribed rescue instructions if any, and who could help or receive an overnight alert.

☐ Your priorities

Two questions, the team's contact details, and the agreed next step or follow-up date.

Keep this sheet private. Share it with your care team; do not send health details to EE.

Ask your team what to record and for how long. Do not change medicines based on this worksheet.

Source: Epilepsy Foundation - [epilepsy.com/complications-risks/sleep](https://www.epilepsy.com/complications-risks/sleep)

First aid and emergency signs: [epilepsyexplained.com/printables/seizure-first-aid/](https://www.epilepsyexplained.com/printables/seizure-first-aid/)

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Corrections: hello@epilepsyexplained.com

Print or fill locally. Nothing is submitted.