

# What is SUDEP?

## SUDDEN UNEXPECTED DEATH IN EPILEPSY

SUDEP refers to a death in a person with epilepsy that is not caused by injury, drowning, or other known causes.

- It is the most common epilepsy related cause of death.
- Research estimates that 1 in 1,000 people with epilepsy will die suddenly each year from SUDEP. SUDEP is even more common in those with uncontrolled convulsive seizures.
- SUDEP most often happens during nocturnal hours, and the person is typically found on or near their bed.
- Improved reporting of SUDEP on death certificates is needed for more accurate tracking.

**SUDEP IS STILL LARGELY  
MISUNDERSTOOD  
AND UNDERREPORTED**



*In loving memory of*

**Erick Tyler Milbourne**

3.18.1994 - 1.24.2015

# HOW YOU CAN HELP!

- ✓ Ask about a history of seizures/epilepsy in any unexpected or unattended sudden death. Avoid assumptions and consider SUDEP as a possible cause in a person with a history of seizures.
- ✓ Refer families to NASR (North America SUDEP Registry) for additional resources and so each loss is tracked:
  - [www.sudepregistry.org](http://www.sudepregistry.org)
  - Tel: 855-432-8555
- ✓ Learn more about:
  - Epilepsy:  
[www.purpledayeveryday.org](http://www.purpledayeveryday.org)
  - SUDEP:  
[www.dannydid.org](http://www.dannydid.org)

EPILEPSY AWARENESS

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