

Epilepsy: What Triggers Seizures?

Seizures may occur in response to certain situations.

COMMON TRIGGERS:

- Stress, not eating well, low blood sugar, excess caffeine
- Bright flashing lights
- Day or night, sleep deprivation
- Alcohol or drug use



1 – Epilepsy Foundation Web site, <http://www.epilepsyfoundation.org/about/types/triggers/livingtrigger.cfm>

2 – Illustrations developed by Ortho-McNeil Neurologics®, Division of Ortho-McNeil-Janssen Pharmaceuticals, Inc.