

Navigating the Storm: Tip Sheet

Sleep Issues

Patients with epilepsy often experience issues related to sleep. Patients with Lennox-Gastaut syndrome (LGS) may also experience these issues. As a parent or caregiver, you should fully understand the importance of good sleep hygiene.

Sleep disruptions may cause attention and behavior problems in the daytime. Additionally, sleep disorders impact not only the patient but also the caregiver, who is often awake caring for their loved one. That's why it's essential for caregivers to work with their child's physician to identify and address sleep problems to help maintain quality of life for the whole family.

Identify the Problem

Keeping track of sleep habits in your child's seizure diary is one way to identify a sleep disorder. Sometimes, a more formal test called a polysomnogram may be needed to fully characterize a sleep disorder.

Sleep Should Be on a Regular Schedule

Both children and adults sleep best when they adhere to a regular sleep schedule. For this reason, you should try to ensure that the patient goes to sleep and wakes up at the same time each day.

A Proper Sleep Environment

Your child's room should be optimized for sleep. The bed, pillow and blanket should be comfortable and the room suitably dark and quiet unless the child is fearful of the dark.

The Transition to Sleep

It's essential for the patient to practice good sleep hygiene in the hours before bedtime. This includes avoiding active play or eating stimulating food or drinks such as chocolate or caffeinated beverages.

Sleep disorders that affect the LGS patient may include one or all of the following:

- Insomnia or difficulty falling asleep and staying asleep
- Obstructive sleep apnea or a blockage of airways
- Poor sleep architecture, which is not getting the proper cycles of sleep

Living with LGS

For more information, please visit www.LivingWithLGS.com