



Epilepsy alarms (for night time use)

There are different types of alarms available which detect seizures when someone is asleep (nocturnal seizures). For example:

- **Movement sensitive alarms** detect sudden movements. They can be adjusted to prevent general movements triggering them. Sometimes babies are not heavy enough for them to work effectively
- **Moisture sensitive alarms** detect moisture which sometimes accompanies seizures eg. dribble, vomit, urine, excessive perspiration.
- **Respiration sensitive alarms** detect when someone stops breathing during a seizure (apnoea)
- **Sound sensitive alarms** detect short repetitive sounds. Some people find baby monitors work just as well with these types of seizure.

Epilepsy alarms are sometimes provided free of charge by the NHS. Contact your epilepsy nurse (if you have one) or your GP or health visitor for more information.

If you are unable to get one free from the NHS some national or local charities may help you purchase one.

For more information about types of alarms and where to buy them www.epilepsy.org.uk and www.epilepsynse.org.uk have links to the websites of companies who sell them.

The TSA has two movement sensitive alarms available for short term loan. Trying one for a short period can be useful in helping you to decide whether you would like one long term. Contact a TSC Adviser for more information.