

MINUTES WITH

*Emma*

I'm so sleepy



life-changing

minutes

KNOWING EPILEPSY

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AAAAHHH



What a yawn Emmal Did you sleep badly?

Not really... it is because of my epilepsy



Whoops! What can you do to feel better?



What my mom always tells me!



Sometimes, I feel like sleeping all day long.



Children can have epileptic seizures at night.



And if I don't sleep enough, I can have a crisis.



Children from 6 TO 12 YEARS old have to sleep from 9 TO 12 HOURS.

And when I am OVER 13 YEARS OLD, I will have to sleep 8 TO 10 HOURS.



But the most important thing is that I should have a regular sleep schedule.

AAAAHHH

Talking so much about sleeping is making me sleepy!



*Let's play!***WOULD YOU BE ABLE TO ANSWER IF THESE SENTENCES ABOUT EPILEPSY ARE TRUE OR FALSE?**

Identify what's TRUE and what's FALSE



1. Epilepsy does not affect sleep

- True  
 False

2. Epilepsy can make you want to sleep during the day

- True  
 False

3. Getting too little sleep can trigger seizures

- True  
 False

4. Children from 6 to 12 years old have to sleep 10 to 13 hours

- True  
 False

5. Maintaining a regular sleep schedule is important

- True  
 False

RESULTS

1. FALSE, 2. TRUE, 3. TRUE, 4. FALSE, 5. TRUE