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What are some commonly reported seizure triggers?

- Specific time of day or night
- Sleep deprivation – overtired, not sleeping well, not getting enough sleep, disrupted sleep
- Illness (both with and without fever)
- Flashing bright lights or patterns
- Alcohol - including heavy alcohol use or alcohol withdrawal
- Drug use - Use of cocaine and other recreational drugs such as Ecstasy
- Stress
- Menstrual cycle or other hormonal changes
- Not eating well, long times without eating, dehydration, not enough fluids, low blood sugar, vitamins and mineral deficiencies
- Specific foods, excess caffeine or other products that may aggravate seizures
- Use of certain medications
- Missed medications