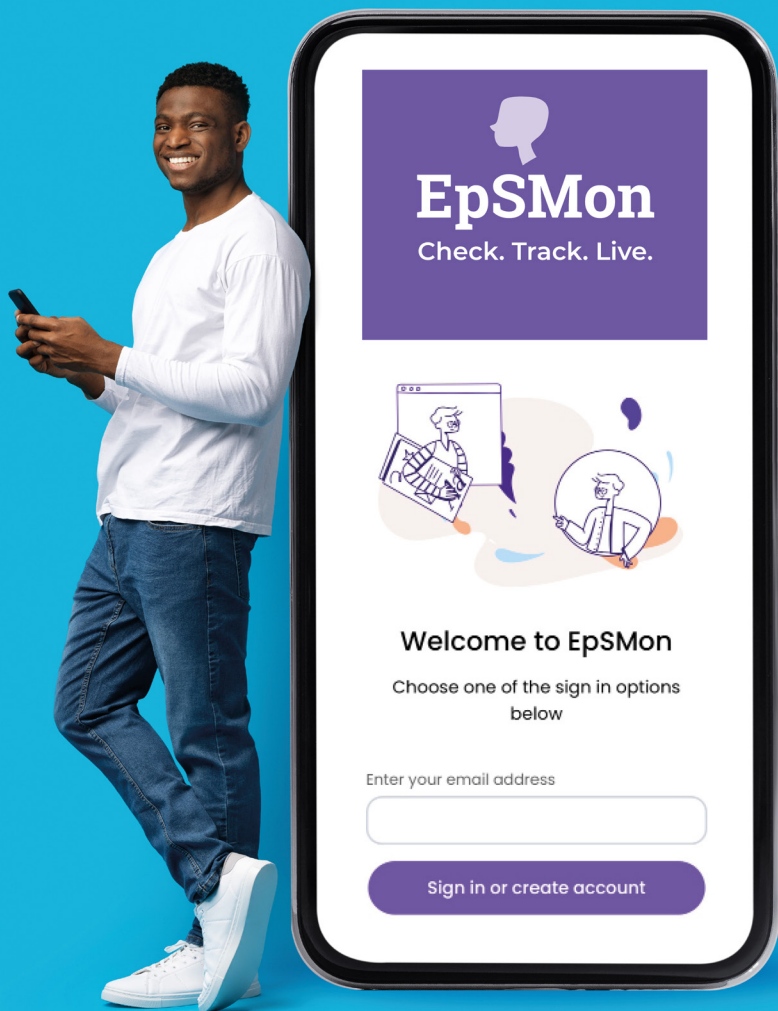


SUDEP Action 

Making every epilepsy death count



EpSMon: The epilepsy app

Check. Track. Live.

What is EpSMon?

EpSMon is a personal tracking tool for people with epilepsy. EpSMon stands for 'epilepsy self-monitoring'.

It's designed for adults with epilepsy, to help them review data and track their condition between epilepsy appointments.

EpSMon will help you better understand your epilepsy so you can build good habits. EpSMon is about giving you peace of mind, so you can feel more confident doing the things you really care about — studying, working, travelling, going out, or just living life on your own terms.

Why use EpSMon?

- Provides vital facts & info about risks linked to seizures, including SUDEP (Sudden Unexpected Death in Epilepsy)
- Gives alerts so you take medication on time
- Completely free and simple to use
- Available to everyone over the age of 18 in the UK on iOS and Android



EpSMon: Personal tracking

EpSMon was developed by epilepsy charity SUDEP Action, in partnership with a group of internationally renowned epilepsy experts.

The EpSMon app can help you understand more about your epilepsy so you can make informed decisions about when to speak to a health professional in relation to your safety and wellbeing.

SUDEP Action has made this app, which comes with improved design and functionality, completely free to all UK users.

What is SUDEP?

SUDEP is when someone with epilepsy dies suddenly, and no other cause of death is found. Up to half of all epilepsy deaths in the UK are due to SUDEP. These deaths usually occur at night / during sleep, and many are not witnessed. Although we don't fully understand why SUDEP deaths occur, seizure control is key to reducing SUDEP risk.

Check-in for a clearer picture

EpSMon helps you log, track and review things that affect your epilepsy — sleep, stress, routines, medications and lifestyle — so you can make choices that support your freedom, not limit it.

A quick check-in every few months will give you a clearer picture of how you're doing, what's changing, and when you need to seek advice.

EpSMon helps you understand your epilepsy so you can live with more freedom, confidence, and control — not more rules.

Even if you are currently seizure free, risks can change over time. It's important to check in regularly so you know if things are changing & can get help with this.





"We will continue to do everything we can to raise awareness, support initiatives like EpSMon, and help drive research forward in the hope that one day there will be a cure for epilepsy."

Please donate



SUDEP Action

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Epilepsy Bereaved (founded 1995) is part of SUDEP Action

EpSMon does not provide medical advice and is not intended to diagnose, treat, or predict medical conditions.