



MyGuardian

Watching Over Someone You Love.

Caregiver Monitoring and Alerting Whitepaper

Product Substance, Platform Coverage, Detection Workflow, Privacy Model, and Commercial Roadmap

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1. Executive Summary

MyGuardian is a caregiver-first monitoring platform for families who need practical awareness during sleep, rest, recovery, dementia/wandering risk, or other high-attention care periods. The product connects camera sources that a household already owns, lets the caregiver define the area that matters, monitors movement patterns inside that boundary, and raises local or escalated alerts when attention may be needed.

The core product thesis is deliberately narrow: build trust through reliable local monitoring before expanding into cloud services or proprietary hardware. A family should not have to purchase a closed camera ecosystem just to test whether assistive overnight monitoring can reduce uncertainty. MyGuardian starts with Windows and Android because those platforms let the team validate the hard parts first: camera capture, camera health, movement scoring, loud alarms, sleep mode, acknowledgement, and event review.

The initial wedge is a Windows monitoring station paired with an Android caregiver app and phone camera capability. Windows provides a stable overnight surface for USB webcams, integrated webcams, and network streams. Android provides a mobile monitoring surface, a sleep-mode experience, front/back camera support, and the ability to turn a spare phone or tablet into a local camera source. This creates a practical test path for households that already have a PC, phone, tablet, or IP camera.

MyGuardian does not attempt to confirm a seizure or replace medical supervision. Instead, it treats movement as a caregiver signal. The verification model combines motion intensity, rhythmic pattern, confidence, sustained duration, and camera health before triggering an alarm. The language should remain conservative: abnormal movement, possible seizure-like movement, monitoring alert, or review candidate. That positioning matters because movement-based systems can miss events without visible repeated movement and can also create false alerts when ordinary motion resembles a concerning pattern.

The product's differentiation is not only detection. It is the operating loop around detection: secure pairing, boundary drawing over live video, threshold profiles, sleep mode, loud repeat-until-dismissed alarms, acknowledgement pause, contacts, escalation chains, event history, journal context, and privacy-first retention controls. Together, these features turn a camera feed into a caregiver workflow rather than a passive video stream.

The roadmap extends the local product into a platform. MyGuardian Cloud is the next natural service layer for SMS/email delivery, delivery receipts, escalation logs, secure account sync, encrypted backup, and subscription operations. macOS and iOS expand platform reach after Windows and Android workflows are stable. A future branded camera can simplify onboarding for families who want a bundle, but the software should remain camera-agnostic so families are not forced into hardware lock-in.

The near-term product objective is evidence, not polish alone: prove that caregivers can connect a camera, select a useful monitoring region, tune thresholds, receive alarms they trust, acknowledge quickly, and review the event afterward. Pilot success should be measured by camera setup success, healthy monitoring uptime, false alarm rate, alert delivery time, acknowledgement behavior, and caregiver confidence after repeated household use.

Strategic question	Whitepaper answer
What is MyGuardian?	A local-first caregiver monitoring and alerting platform that turns cameras and phones into a focused monitoring workflow.
What makes it credible?	It avoids diagnostic claims, begins with practical devices families already own, and makes each alert explainable through motion, rhythm, confidence, duration, and camera-health gates.
What is the platform path?	Windows and Android first; phone camera/IP streaming as a bridge; cloud alerting and sync next; macOS, iOS, and optional branded hardware later.

2. Product Definition and Scope

A useful way to evaluate MyGuardian is to separate monitoring assistance from medical interpretation. The app can observe motion patterns, camera health, alarm state, and caregiver acknowledgement, but it should leave medical meaning to caregivers and clinicians. That boundary keeps the product honest while still allowing it to solve a real household problem.

MyGuardian is best described as an assistive caregiver monitoring system. It is not a clinical device, a baby monitor, a security camera dashboard, or a generic smart-home platform. Its purpose is narrower and more human: help a caregiver know when a loved one may need attention and preserve enough context to respond and review the situation later.

The product should stay organized around three product primitives: the person being monitored, the camera source watching a defined region, and the caregiver response loop. Everything else supports those primitives: profiles, thresholds, contacts, escalation, local history, retention, and privacy controls.

In scope	Out of scope / should not claim
Connect cameras, webcams, and phone camera streams for local monitoring.	Diagnose, confirm, prevent, or treat seizures or any medical condition.
Draw monitoring boundaries and tune profiles for sleep, awake, high-risk, and custom monitoring.	Guarantee detection of all concerning events or replace supervision/emergency care.
Trigger loud local alarms and support future SMS/email escalation.	Represent normal movement as clinical evidence without caregiver review.
Store event context, notes, and caregiver acknowledgement history.	Record secretly, upload video by default, or require cloud streaming to function.

3. Caregiver Need and Use Cases

Across these use cases, the common need is not constant surveillance for its own sake. The need is selective awareness: monitoring the part of the room where risk is highest, reducing irrelevant motion, and giving the caregiver enough context to decide whether to respond. MyGuardian should therefore focus on configurable boundaries, explainable alerts, and reviewable history rather than broad camera recording.

The family problem behind MyGuardian is not abstract. Caregivers worry most when they cannot directly observe a loved one: overnight, during rest, after a difficult day, during recovery, or when dementia/wandering risk is present. For epilepsy specifically, WHO describes epilepsy as affecting around 50 million people globally, and CDC estimates active epilepsy among about 2.9 million U.S. adults and 456,000 U.S. children in recent data [1][2].

Movement-based alert systems have a useful but limited role. Epilepsy organizations caution that seizure alert devices may be better suited to events involving repeated movement, and may not detect seizure types without significant visible movement [3][4]. MyGuardian should build that limitation into the product language instead of hiding it. The value proposition is not certainty; it is a practical, configurable awareness layer that may help caregivers respond sooner when observable movement crosses a concerning pattern.

Use case	Caregiver problem	MyGuardian response
Epilepsy / seizure-like movement awareness	Caregiver cannot continuously watch overnight but wants to be alerted when repeated movement may need attention.	Boundary-based motion monitoring, sustained pattern window, loud local alarm, event review, and conservative safety language.
Elderly overnight monitoring	Family wants awareness of restlessness, bed exits, or changes in nighttime movement without a complex clinical system.	Sleep profile, camera health checks, bed/room boundary, local alarm, and history for later review.
Dementia and wandering awareness	Loved one may get up unsafely or leave a room during the night.	Boundary around bed, doorway, or room area; alert workflow when movement patterns suggest caregiver attention may be needed.
Recovery and high-attention nights	Caregivers need a temporary higher-sensitivity mode after illness, procedure, medication change, or a difficult day.	High-risk profile, shorter sustained window, tighter thresholds, and local acknowledgement pause.
Shared family response	One caregiver may sleep through an alert or be away from the monitoring device.	Contacts, escalation chain, planned SMS/email delivery, and event logs.

4. Device and Platform Coverage

MyGuardian should support households where the available equipment varies widely. Some families may have an always-on Windows desktop, some may have only Android phones, some may already own IP cameras, and others may want to repurpose an older phone as a camera. The platform model should allow those paths to coexist instead of forcing one setup.

The distinction between camera source and monitoring surface is important. A camera source provides frames; a monitoring surface evaluates, alarms, and records the caregiver workflow. In some cases one device can do both, such as an Android phone using its own camera. In other cases a Windows station may monitor a separate phone camera stream or network camera.

This device strategy also gives the product a practical adoption path. Families can start with what they own, learn whether the workflow helps, and later choose cloud services or dedicated hardware only if those additions make the experience more reliable or easier to maintain.

A platform, not a single camera

The product separates camera sources from app surfaces. A Windows PC, Android phone, tablet, USB webcam, integrated webcam, or local IP camera can each play a role in the monitoring workspace.

This approach reduces hardware lock-in. Families can begin with existing devices, validate the workflow, and later choose optional cloud or camera hardware only if it improves reliability or setup simplicity.

Device and platform model

MyGuardian separates camera sources, caregiver app surfaces, and alert response channels.

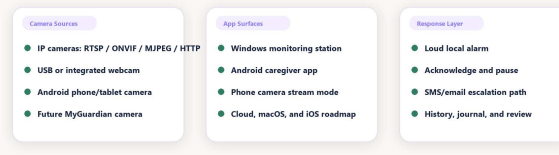


Figure 1. Camera sources, app surfaces, and response layer.

Source or platform	Role in the system	Status / roadmap posture
Windows desktop app	Primary overnight monitoring station with active camera view, boundary, thresholds, local alarm, history, journal, and settings.	MVP running / active target.
Android app	Mobile monitoring surface with sleep mode, camera switching, boundary drawing, contacts/escalation workflows, and phone camera mode.	Active build.
USB / integrated webcam	Local camera source for Windows test and monitoring flows.	Active Windows capture path.
IP camera streams	Network camera source through RTSP, ONVIF-discovered streams, MJPEG, or HTTP camera feeds.	Core support direction.
Phone-as-IP-camera mode	Android phone/tablet broadcasts local stream, discoverable by other MyGuardian apps over the LAN with pairing PIN.	Active / experimental.
Cloud, macOS, iOS, branded camera	Expansion services and platforms after the local workflow is trusted.	Planned/future roadmap.

5. App Experience: Windows and Android

The Windows and Android experiences should feel related but not identical. Windows is the steady monitoring station: larger view, overnight reliability, active camera status, health checks, history, and settings. Android is the responsive caregiver surface: camera setup, sleep mode, alarm acknowledgement, front/back camera capture, and quick review.

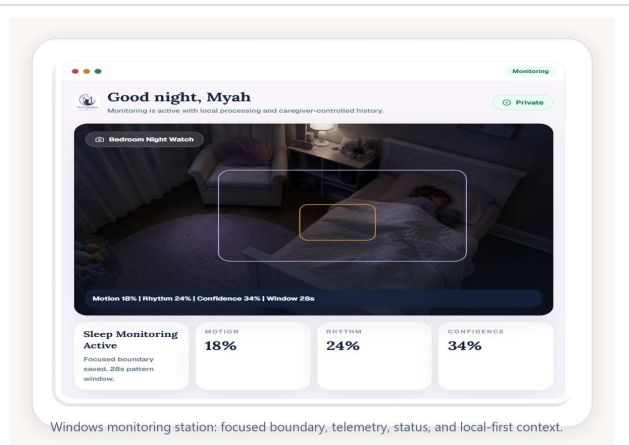
Both apps need a shared mental model. The active camera should be obvious, the selected boundary should match the live feed, thresholds should be labeled consistently, and acknowledgement should have the same meaning across devices. That consistency matters when a family uses multiple devices during the same night.

The screenshots in this document should be read as product examples, not final UI constraints. The more important requirement is that each screen answers a caregiver question quickly: Is monitoring active? Which camera is active? What area is being watched? Why did the alarm trigger? What should I do next?

Windows monitoring station

The Windows app is the most controlled first surface. It can remain plugged in overnight, drive loud local alarms, run persistent monitoring, and provide a larger dashboard for event review and threshold tuning.

The desktop experience should emphasize confidence: active camera selection, live preview without stretching, boundary visualization, camera health, motion/rhythm/confidence telemetry, recording buffer status, and a clear alarm acknowledgement path.



Windows monitoring station: focused boundary, telemetry, status, and local-first context.

Figure 2. Windows monitoring station with synthetic camera feed.

Android app surfaces

Mobile monitoring, camera pairing, boundary editing, thresholds, and sleep-mode workflows.

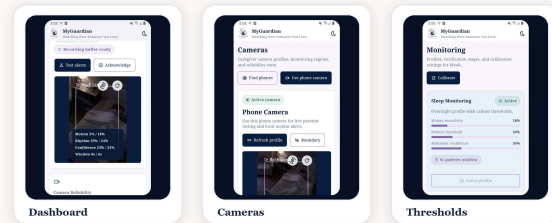


Figure 3. Android surfaces: dashboard, cameras, and threshold profiles.

Android mobile app

The Android app extends MyGuardian into the caregiver's pocket. It supports mobile dashboard review, camera setup, monitoring profile tuning, sleep mode, loud local alarm behavior, and camera capture from the device itself.

Android also enables a practical bridge for families without IP cameras: a spare phone or tablet can become a MyGuardian Phone Camera. The same app can be a monitor, a camera source, or a caregiver review surface depending on the household setup.

6. Camera Pairing, Discovery, and Boundary Selection

Boundary selection should also be reversible and testable. After drawing or editing the monitored area, the app should show the boundary on the active camera feed and allow a caregiver to adjust it without losing the camera context. This makes the feature practical for real rooms, where the useful monitoring region may not be a perfect rectangle.

Pairing must feel simple but technically safe. A phone camera or future camera device should not expose a public feed by default. The target pattern is local discovery, caregiver-approved pairing, and clear confirmation of which device is active. For MyGuardian Phone Cameras, mDNS discovery can reduce manual URL entry while a pairing PIN prevents accidental linking.

Boundary selection is one of the most important trust features. Caregivers should draw the monitored region directly over the live camera view. Without the camera visible, the boundary editor is guesswork. The boundary should support rectangular presets and custom drawn polygons so families can include the bed, doorway, or high-risk zone while excluding irrelevant movement like curtains, hallway traffic, or ceiling fans.

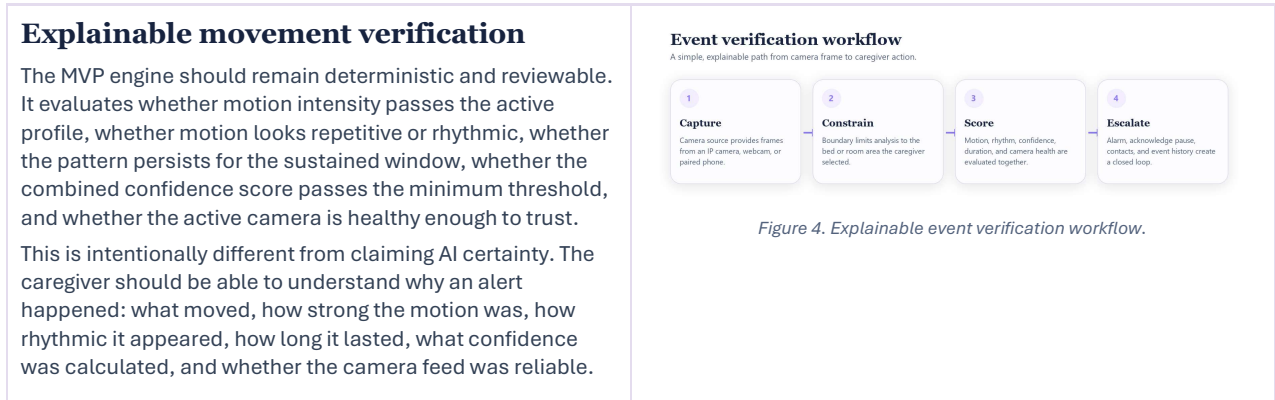
Workflow step	Expected product behavior	Why it matters
Find devices	Search local network for MyGuardian Phone Cameras and discover supported local camera streams.	Reduces setup friction and avoids typing fragile stream URLs.
Pair with PIN	Use a short caregiver-approved code before linking a phone camera to a monitoring station.	Prevents unintended camera access and supports family trust.
Set active camera	Caregiver explicitly chooses the active camera used by dashboard and monitoring engine.	Avoids confusion when multiple cameras exist.
Draw boundary over live view	Show the current camera frame while drawing or adjusting the monitoring boundary.	Caregivers can see exactly what is included/excluded.
Persist settings	Selected camera, boundary, thresholds, sustained window, and acknowledge pause survive app restart.	Trust depends on settings sticking.

7. Detection and Threshold Model

The detection model should be understandable enough that caregivers and product testers can reason about it. Motion intensity answers whether something moved. Rhythm answers whether the movement is repetitive. Confidence combines the evidence. The sustained window prevents a single shift from becoming an alarm. Camera health prevents unreliable feeds from creating misleading events.

Thresholds should therefore be treated as product controls, not hidden engineering constants. Sleep monitoring, awake monitoring, high-risk monitoring, and custom profiles can each tune the same underlying signals differently. The caregiver should not need to understand frame differencing or optical flow, but they should understand what happens when sensitivity or sustained window values change.

Movement overlays should remain selective. Boxes should appear only for active monitoring and only around motion that the engine is actually evaluating. Showing overlays on inactive or simulated cameras weakens trust because it makes the interface look decorative rather than evidence-driven.



Signal / setting	Meaning	Operational detail
Motion sensitivity	Minimum movement inside the boundary before review starts.	Lower values trigger sooner; higher values reduce ordinary movement alerts.
Repetitive rhythm threshold	How patterned the movement must be before it advances.	Helps distinguish sustained repeated movement from one-off shifts.
Minimum confidence	Combined score from motion, rhythm, duration, and profile settings.	Prevents alarm until multiple signals support the event candidate.
Sustained pattern window	How long the movement must persist before alarm eligibility.	Sleep mode may use a shorter window for testing or higher sensitivity nights.
Camera health gate	Blocks alarms if feed is offline, frozen, too dark, or too low FPS when reliability is required.	Avoids alerts from unreliable visual evidence.
Movement overlay	Boxes appear only around detected movement while monitoring is active.	Shows what the engine is responding to without cluttering inactive cameras.

8. Alarm, Acknowledgement, Contacts, and Escalation

Escalation should be built as a chain of responsibility. A local alarm is immediate and nearby; contact notifications are remote and should include delivery state; escalation rules determine who is contacted next if the alert is not acknowledged. That chain should be visible enough that a caregiver can trust what happened after an alarm.

The alert loop must be designed for sleepy, stressed caregivers. When an alarm is active, the app should prioritize fast acknowledgement and situational context over navigation. The alarm sound should be loud, repeat until acknowledged, and stop immediately when acknowledged instead of finishing its current audio cycle. Sleep mode should brighten, show the camera view, and keep a clear acknowledge control above Android system navigation controls.

Acknowledge should not simply silence the alarm. It should create an operational state: sound stopped, event marked as acknowledged, detection paused for the configured interval, camera context still visible, and a path back to sleep mode when the caregiver is comfortable. This prevents immediate re-alerting while someone is checking on the situation.

Feature	Behavior expectation	Implementation note
Local alarm	Loud repeating alarm until acknowledgement.	Runs on Windows and Android local devices; stops immediately on acknowledge.
Dismiss overlay	Acknowledge button visible over alarm/camera context.	Designed for quick action in sleep mode and dashboard views.
Acknowledge pause	Temporarily pauses detection after acknowledgement.	Configurable in settings, e.g., 60 seconds.
Contacts	Add/edit caregivers with relationship, phone, email, priority, and preferred channels.	App-side contact model active; delivery requires provider integration.
Escalation chain	Notify contacts in order if the alert is not acknowledged.	Best implemented through MyGuardian Cloud for reliable SMS/email delivery logs.
Event review	Store event timeline, confidence, severity, notes, and acknowledgement state.	Supports learning, false alert review, and caregiver communication.

9. Privacy, Retention, and Safety Language

Safety language should be consistent throughout the apps, website, and documentation. The product can describe movement evidence and caregiver alerts, but it should avoid language that implies diagnosis, certainty, or medical prevention. This protects users from overreliance and helps keep the platform aligned with its assistive purpose.

Privacy is part of the product architecture, not a settings screen afterthought. The default posture should be local-first processing, local storage, no hidden recording, caregiver-controlled retention, explicit export, and optional cloud services only when the caregiver chooses them. This is especially important because bedroom and nighttime monitoring is sensitive by nature.

The product should separate alert metadata from video content. A future cloud service can often deliver useful SMS/email alerts with event time, camera name, severity, acknowledgement status, and caregiver instructions without uploading video. If clips are added, they should be opt-in, retained for a defined period, and exportable/deletable by the caregiver.

Privacy principle	Product expression
Local-first default	Core monitoring and local alarms should work without cloud dependency where practical.
Explicit recording	Recording buffer and event clips should be visible settings, not hidden behavior.
Caregiver control	Retention days, export, delete, acknowledgement pause, and contacts should be understandable.
Secure pairing	Phone cameras and future devices should require caregiver-approved pairing codes.
Minimal cloud data	Cloud delivery should use only the alert context necessary unless a caregiver opts into richer sync.
Non-diagnostic positioning	The app supports attention and review, not medical diagnosis or emergency certainty.

10. Technical Architecture

Local persistence is a critical layer. Settings such as active camera, boundary, sustained window, acknowledge pause, contact order, retention days, and phone camera background behavior must survive restarts. Losing those settings turns monitoring into a setup chore and can make families question whether the app is safe to leave running overnight.

Cloud services should be introduced as a support layer rather than a dependency for basic local monitoring. The strongest first cloud use cases are notification delivery, escalation logs, account/device sync, backups, and caregiver coordination. Video upload should remain optional and explicit.

The architecture should remain modular: Flutter for shared Windows/Android UI, a Dart domain layer for camera, person, contact, alert, event, journal, and settings models, and platform adapters for native capture, alarms, background behavior, local networking, and OS-specific permissions. The detection engine can remain local and deterministic while cloud services are introduced only for delivery, synchronization, backup, and subscription operations.

Layer	Responsibilities	Design concern
App shell and UX	Navigation, sleep mode, settings, dashboards, camera pages, alert overlays, accessibility-friendly controls.	Caregiver must act quickly under stress.
Domain model	Person profiles, cameras, regions, telemetry, monitoring profiles,	Stable contracts keep Windows and

	contacts, alert rules, events, journal entries.	Android consistent.
Camera adapters	USB/integrated webcam, Android camera, RTSP/MJPEG/HTTP streams, ONVIF discovery, phone camera server.	Reconnect behavior and feed health are central to trust.
Detection engine	Motion regions, rhythm scoring, confidence, sustained window, camera health gate, alarm state transition.	Explainability beats opaque claims for MVP.
Storage	Settings persistence, encrypted secrets, local event history, retention, exports, recording metadata.	Sensitive family context should stay controlled.
Notification services	Local alarms now; SMS/email/push through future cloud provider integrations.	Delivery logs, retries, and opt-in consent are required.
Cloud services	Accounts, escalation delivery, device sync, secure backups, subscription, remote caregiver access.	Optional service layer, not a hard requirement for local use.

11. Roadmap and Commercial Model

The roadmap should prioritize proof before breadth. Windows and Android validate the core user experience, camera ingestion, alarm behavior, and caregiver workflows. Cloud services then create a recurring service layer around notifications, escalation, synchronization, and backup. Apple platforms and branded hardware should follow once those fundamentals are stable.

The commercial model should reflect the same sequence. The first value is accessible local monitoring using existing devices. Paid services should add capabilities families can clearly understand: remote SMS/email alerts, caregiver teams, secure backups, multi-device sync, and eventually a supported hardware bundle for households that want simplicity.

The roadmap should remain pragmatic. MyGuardian should prove real household utility before scaling platform breadth. The initial product should focus on installation, camera connection, active monitoring, alarms, acknowledgement, and event review. Once those workflows are trusted, cloud services can add recurring value through remote notifications, caregiver coordination, secure sync, and backup.

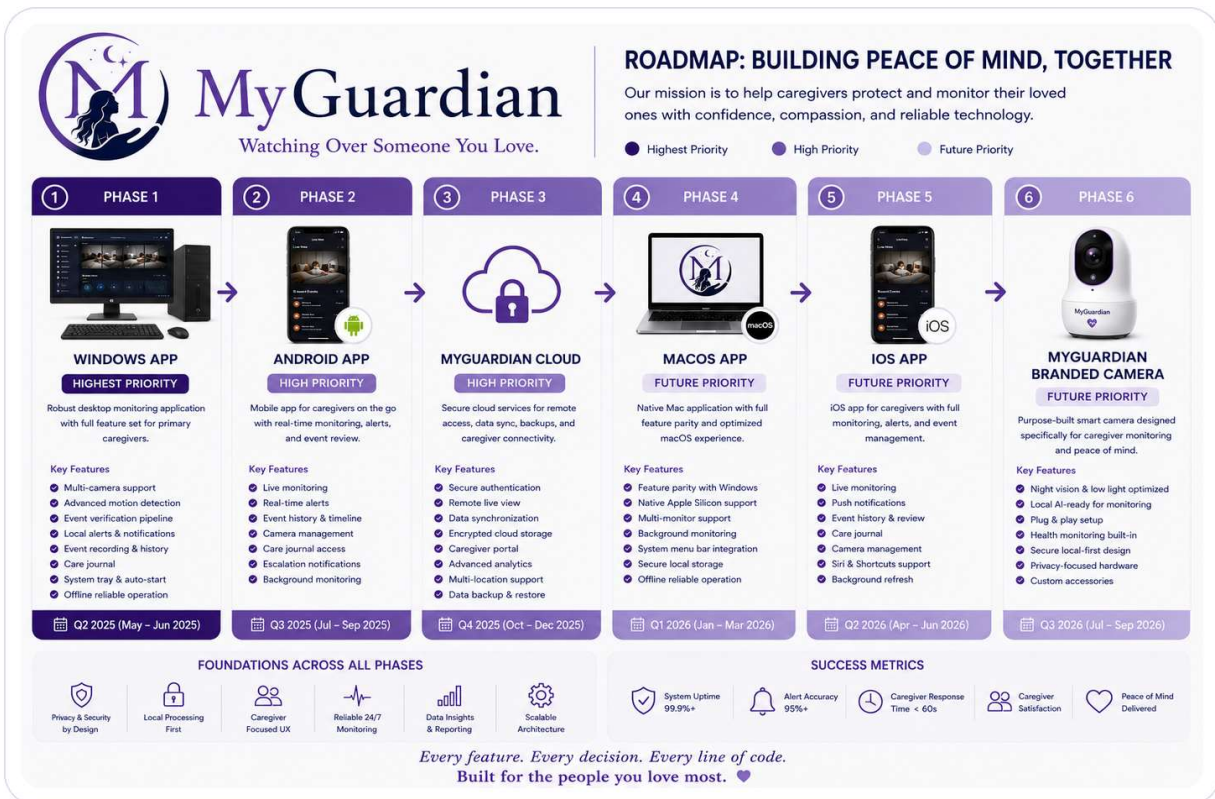


Figure 5. Platform roadmap: Windows, Android, Cloud, macOS, iOS, and optional branded camera.

Phase	Platform / service	Product value	Commercial role
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1	Windows app	Reliable overnight monitoring station, local alarms, camera health, dashboard, review.	Initial MVP and primary validation environment.
2	Android app	Mobile monitoring, sleep mode, local alerts, phone camera source, caregiver workflow.	Expands household usage and field testing.
3	MyGuardian Cloud	SMS/email, escalation logs, account sync, backup, remote caregiver coordination.	Subscription foundation and recurring service layer.
4	macOS app	Apple desktop monitoring after desktop workflows mature.	Platform expansion for Apple households.
5	iOS app	iPhone caregiver monitoring and review after Android proof.	Mobile reach and App Store ecosystem.
6	Branded camera	Optional plug-and-play bundle for families who want supported hardware.	Hardware-assisted onboarding without abandoning camera-agnostic strategy.

12. Pilot Plan and Measures of Effectiveness

The pilot should be structured around repeated nights of use, not a single demo. A one-time test can show that the app opens and an alarm can sound; repeated use shows whether camera connections persist, thresholds stay useful, caregivers acknowledge alerts, and false alarms can be tuned down without making the system feel inactive.

Qualitative feedback matters alongside metrics. Caregivers should be asked whether the app made them feel more aware, whether the alarm behavior was understandable, whether sleep mode felt usable at night, whether boundary editing matched the room, and whether event history helped them explain what happened afterward.

A credible pilot should test the whole caregiver loop, not just visual motion detection. The app can only become trusted if setup succeeds, monitoring stays healthy, alerts are explainable, sound behavior is dependable, acknowledgement works in sleep mode, and false alerts can be reviewed and tuned.

Measure	Question answered	Target direction
Camera setup success	Can families connect a camera or phone stream without support?	Increase
Boundary quality	Can caregivers draw a useful monitored region over the live view?	Increase
Healthy feed uptime	How much active monitoring time has a reliable camera feed?	Increase
Time to local alarm	How quickly does an event candidate become an audible local alarm after thresholds pass?	Decrease
False alert rate	How often do caregivers mark alerts as false or nuisance?	Decrease
Acknowledgement latency	How quickly do caregivers acknowledge alarms, especially in sleep mode?	Decrease
Re-alert suppression	Does acknowledge pause prevent immediate repeat alarms while the caregiver checks the room?	Improve
Event review completeness	Do events include confidence, duration, camera, timeline, notes, and escalation state?	Increase
Caregiver trust	Would the caregiver keep using it for overnight monitoring after repeated nights?	Increase

13. Risks and Product Decisions to Keep Explicit

Product risk should be reviewed continuously because the app sits close to family safety. A confusing interface, stretched camera feed, reset threshold, unreliable background stream, or alarm that keeps playing after acknowledgement can feel like a safety failure even if the underlying code is working as written.

The best mitigation is to keep decisions explicit. If a feature is experimental, label it that way. If cloud delivery is not yet wired to a provider, say so. If a camera feed is degraded, show it clearly. Families can work with limits when the product is transparent; they lose trust when limits are hidden.

The main product risk is not that MyGuardian lacks features; it is that caregivers overtrust or undertrust the system. Overtrust happens if the app sounds clinical or implies certainty. Undertrust happens if cameras disconnect, settings reset, alarms finish playing after acknowledgement, camera views stretch, false alerts repeat, or boundaries do not match what the caregiver selected.

Risk	Mitigation
False alerts create fatigue	Use profile thresholds, sustained windows, movement overlays, event review, and

	acknowledgement pause to tune the loop.
Missed events create overconfidence	Use clear disclaimers, conservative language, and education that movement monitoring cannot detect all event types.
Camera reliability undermines safety	Show active camera, health status, FPS, frozen/dark/offline checks, and hold events when feed reliability is poor.
Mobile sleep mode conflicts with system controls	Place acknowledge/exit buttons above Android navigation, brighten on alarm, and keep camera context visible.
Cloud services introduce privacy concerns	Make cloud optional, minimize data sent, encrypt sensitive content, and keep retention/export explicit.
Hardware roadmap distracts from software proof	Keep branded camera future-facing until local apps and cloud alert workflow are validated.

14. References

- [1] World Health Organization. Epilepsy fact sheet. <https://www.who.int/news-room/fact-sheets/detail/epilepsy>
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