

An electronic vapour provision system is provided including: a pressure drop or air flow sensor for monitoring inhalation by a user through the electronic vapour provision system; and a control unit for detecting the start and end of inhalation based on readings from the sensor. The control unit is configured to: monitor the cumulative period of inhalation (T_i) over a predetermined window (T_w); and transfer the electronic vapour provision system to a sleep mode if the cumulative period (T_i) exceeds a predetermined threshold (T_h).