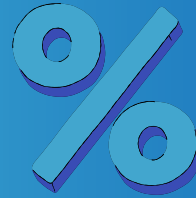




ADHD & Sleep



50-75% of people with ADHD experience sleep disturbance.

Individuals with ADHD are more likely to struggle with experiencing restlessness, hyperarousal and difficulty winding down. Sleep disturbances can worsen ADHD symptoms including inattention, impulsivity, mood instability and executive function difficulties.

This highlights the importance of creating and strengthening sleep hygiene for individuals with ADHD. This can be through:

- **Establishing a Routine:** A wind-down period before bed can help regulate the body's internal clock and signal the brain that it's time for sleep.
- **Environment:** Keep the bedroom dark, cool, and free of clutter. Invest in a good mattress and pillows, and consider using blackout curtains or a sleep mask.
- **Limit Stimulants and Electronics:** Reduce caffeine and nicotine intake, and limit screen time before bedtime to avoid blue light that can suppress melatonin production.
- **Relaxation Techniques:** Engage in calming activities like reading, deep breathing exercises, or gentle stretches before bed to help relax the body.



The sleep charity have worked closely with individuals with ADHD to develop specific resources for those struggling with sleep.

Apps such as Calm and Headspace offer soothing techniques and guided meditations to improve sleep.

