



# ADHD AND SLEEP PROBLEMS



## DID YOU KNOW

 50-75% of adults with ADHD experience sleeping problems.

 Up to 70% of children with Attention Deficit Hyperactivity Disorder (ADHD) suffer from problems with their sleep.

 Insomnia is found in 43-80% of adults with ADHD, with Sleep On-set Insomnia being the primary complaint!

## SOME COMMON CAUSES & SYMPTOMS:

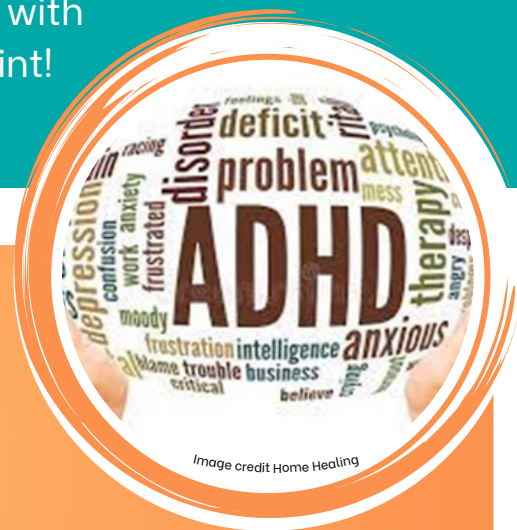
Anxiety

Delayed Melatonin

Restless Leg Syndrome

Sleep Apnea

Delayed Phase Circadian Rhythms



## WHAT CAN WE DO FOR A BETTER SLEEP?



Sleep hygiene



Melatonin



Light therapy



Scandinavian Sleep Method



Limit alcohol and caffeine



Calm buffer zone

At Sleep Focus we specialise in resolving sleep difficulties through the use of Cognitive Behaviour Therapy for Insomnia (CBT-I).

For more information on ADHD and sleep help - scan this code



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