

# SURVIVE AND THRIVE

## Managing Life with Adult ADHD

Abigail's Podcast Cheatsheet

### #016 Sleep the Bane of Our Existence

#### **Suggested articles on the topic of ADHD and sleep:**

Washington Post article "Growing evidence shows ADHD may be a sleep disorder," September 20, 2017

[https://www.washingtonpost.com/news/to-your-health/wp/2017/09/22/could-adhd-be-a-type-of-sleep-disorder-that-would-fundamentally-change-how-we-treat-it/?utm\\_term=.0838439a58fd](https://www.washingtonpost.com/news/to-your-health/wp/2017/09/22/could-adhd-be-a-type-of-sleep-disorder-that-would-fundamentally-change-how-we-treat-it/?utm_term=.0838439a58fd)

Science Daily article "Is ADHD really a sleep problem?" September 4, 2017

<https://www.sciencedaily.com/releases/2017/09/170904093443.htm>

National Resource Center on ADHD: A Program of CHADD article "ADHD, Sleep and Sleep Disorders," 2015

<http://www.chadd.org/Understanding-ADHD/About-ADHD/Coexisting-Conditions/ADHD-Sleep-and-Sleep-Disorders.aspx>

#### **Getting a help for sleeping issues:**

Most likely the doctor will want a sleep history when you visit their office. If possible, prior to the appointment start a sleep diary for a couple of weeks. Below is an example of one that is provided by the Sleep Foundation.

<https://sleepfoundation.org/sites/default/files/SleepDiaryv6.pdf>

You might be referred to a doctor that specializes in sleep issues or a sleep lab. A sleep lab is a place where they monitor you overnight while you sleep.

#### **Managing your sleep:**

The best advice I can give is to develop a routine and stick with it. Start early in the evening to begin quieting down and preparing for sleep.

- Decide on a regular bedtime and then stick with it.
- Wake up at the same time each morning, even on the weekends.
- Avoid alcohol and stimulants such as caffeine and nicotine prior to bedtime. I suggest stopping any stimulant by 4pm.
- Avoid having a large meal before bedtime. If you must eat, make it a light snack.
- Be realistic about the bedtime you set.
- Make sure your bedroom is set up in a way that creates a conducive environment to sleep. This includes making sure the room is dark and cool. White noise can be helpful such as a fan.
- Avoid screen time prior to bed. If you must use a screen, get a blue light filter (check amazon) to filter the blue light that can get in your way of sleeping.
- Be sure to have gotten plenty of exercise during the day.
- Above all, establish a routine, re-fine it until it works for you and then stick with it.

**Bonus tip:**

Check out the podcast Sleep with Me at [www.sleepwithme.com](http://www.sleepwithme.com). The host provides a soothing environment to help you fall asleep. Try it a few times to see if it works for you. I use it every night to go to sleep to but it did take a couple of tries before it began to work.