

What is the connection between ADHD and sleep problems?



ADHD and sleep problems are intimately intertwined in 80% of children and adults with ADHD.

Sleep disorders associated with ADHD include: Delayed Sleep Phase Syndrome, restless legs, Periodic Limb Movement Disorder, insomnia, and sleep apnea.



Sleep loss can increase the severity of ADHD symptoms and induce irritability as well as memory and attention problems.

When ADHD is treated with medication and coaching or cognitive behavioral therapy (CBT) and sleep disorders are treated according to guidelines, there are improvements in the night and day rhythm, memory, attention, mood, and control over appetite and weight.



Sleep is our natural medicine. In the long term, proper sleep may prevent the development of chronic diseases.

Learn more at ADHDAwarenessMonth.org