

ADHD and Sleep

Improve ADHD symptoms by getting better sleep



AFTA
SAUDI ADHD
SOCIETY

People with ADHD frequently have difficulty sleeping.

The most common problems are:

Falling Asleep

Problems getting enough sleep at night

Lying awake with mind racing

To get better sleep:

- 1 Make a bedtime routine and stick to it.
- 2 Avoid caffeinated drinks in the evening.
- 3 Find a quiet, relaxing place to sit for an hour or two before going to bed.
- 4 Try to avoid napping during the day.
- 5 Use the bed for sleeping only.

Poor Sleep Quality

Insomnia and unrefreshing sleep

Tossing and turning all night

Waking in the morning feeling tired

Waking up

Getting up in the morning is a daily struggle

Sleeping through the sound of the alarm clock

Feeling light-headed and irritable after waking



For more information, visit our website www.adhd.org.sa

or give us a call on: **0530034981**