

# Neurodiversity Parent 101:

## Can sensory needs affect sleep regulation?

### What is sleep regulation?

- Children and adults with ADHD can often complain of having sleep disturbance such as difficulty getting off to sleep, waking in the night, and feeling tired despite sleep.
- Some adults describe having a 'busy brain' and find it hard to settle their thoughts down.

### What can you do?

- ✓ Make sure the room is dark. Blackout blinds can be helpful.
- ✓ Stop screen time ( especially playing computer games) an hour or two before bed
- ✓ Exercise during the day.
- ✓ Some people find specific smells calming such as lavender oil.
- ✓ Some people find reducing background noise by wearing headphones /ear pods/ear plugs, and other people find that they need to hear some noise to reduce their busy brains thinking. Listening to something like the radio, an audio book or a fan can help.

