

Neurodiversity Parent 101:

Getting into good sleep habits

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?

- ✓ Bedtime routines – make sure the room is dark room, have a warm bath or shower before going to bed
- ✓ Avoid caffeinated drinks such as cola, and tea and coffee from afternoon onwards.
- ✓ Stop screen time (especially playing computer games) an hour or two before bed
- ✓ Exercise during the day.
- ✓ Avoid naps during the day.
- ✓ Try to use the bedroom only for sleep and not as a playroom/study as well if possible.



- ✓ Relaxation approaches such as listening to an audio book help some children to settle down.
- ✓ If you or your child wake in the night create a routine to get back to sleep, make sure they have a drink. They could listen to some music.
- ✓ Some people find a fan, or a radio turned down low allows you or your child to focus thoughts on other things and allows them to settle.



If these strategies don't work, then speak to your G.P. for more guidance. In some cases, medication may be provided.