

SLEEP

Teenager

It is common for individuals with ADHD to experience sleep disturbances. One reason for this could be due to the medication they are prescribed, which may delay sleep onset.

Insufficient sleep negatively affects academic performance, at home and in leisure activities. It affects mood and makes one irritable. Getting enough sleep is important.



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Go to bed and get up at regular times

Establish a schedule for bedtime and wake-up time, and stick to it during weekends as well. In case of difficulty, it is preferable to not exceed an hour at bedtime or an hour in the mornings. Furthermore, it is preferable to not permit more than 2 consecutive nights of variations.

Taking naps can be a good way to combat sleepiness

Combating sleepiness is more effective by taking naps in the early afternoon rather than resorting to stimulants like caffeine found in coffee and cigarettes or other means.

Determining the number of hours of sleep needed for optimal function

Adequate sleep allows adolescents to wake up with energy. In general, adolescents need between 8 and 10 hours of sleep every night. Therefore, it's important to adjust the bedtime accordingly to the young person's needs.

Avoid all stimulants after the meal hour

Energy drinks, tobacco, coffee, chocolate, and caffeine-containing products should be avoided. Even though alcohol may initially bring relaxation, it ultimately results in light and unrestful sleep with frequent awakenings.

Relaxation before going to bed

It is recommended to avoid stimulating reading material, electronic games, and screens for an hour before bed. It is also inadvisable to fall asleep while watching television, as even light content will stimulate our brain and make restorative sleep impossible.

Saying No to All-Nighters

Going to bed late disrupts the composition of sleep and prevents us from being alert the following day.

TO PROMOTE SLEEP

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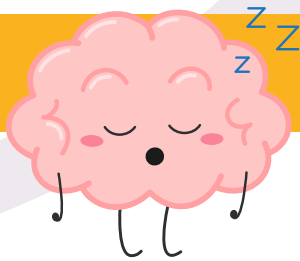
Establishing a routine

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Dimming the lights

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Putting away one's cellphone and tablet before sleeping



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For more tips and tricks on how to support someone with ADHD, don't hesitate to reach out to us!

Sources :

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