

Sleep and ADHD

Find information and resources to help you improve your sleep at [geisinger.org/stbw](https://www.geisinger.org/stbw)

Sometimes what looks like ADHD is actually an untreated sleep disorder.

Research has shown that when people improve their sleep, their ADHD symptoms improve. In some studies, up to 50% of people thought to have ADHD no longer met the criteria for that diagnosis after their sleep disorder was treated.

What is ADHD?

ADHD is a self-regulation disorder, so people with ADHD have trouble controlling their feelings and actions, especially in stressful situations. Symptoms of ADHD can include difficulty focusing or paying attention, being unusually or abnormally active (hyperactivity), or a combination of both.

An integrated approach

The American Academy of Pediatrics recommends conducting a sleep screening before making an ADHD diagnosis. Because many treatments for ADHD, such as stimulants, can contribute to sleep problems, it's important to monitor and take steps to improve sleep throughout ADHD treatment.

Can't focus during the day?

Improve your concentration with these techniques:

- Identify sources of distraction
- Set boundaries to limit these distractions
- Have a bedtime routine and stick to it



Can't sleep?

Instead of trying to force yourself to sleep, get out of bed and try some calming techniques such as:

- Breathing exercises
- Meditation
- Journaling

Watch this video to learn more.



[How sleep impacts ADHD: Untreated sleep disorders vs. ADHD symptoms | Tips for better rest](#)

