

## How are Sleep Disorders and ADHD linked to each other?

As many as 70-80% of all patients with ADHD have difficulty sleeping!

The most common Sleep Disorders associated with ADHD include:

- Insomnia (trouble falling asleep)
- Sleep anxiety (stress with sleeping)
- Sleep apnea (trouble breathing)
- Nocturnal enuresis (bedwetting)
- Snoring
- Night Awakenings
- Motor Restlessness
- Restless legs syndrome (RLS)
- Sensory processing deficits (may be overly sensitive to sounds, light, clothing, blankets etc.)

### Did You Know?

Many Symptoms of Sleep Disorders can mimic the symptoms of ADHD! These include fatigue, trouble concentrating, distractibility, hyperactivity, headaches, and anxiety.

*Many children with ADHD do not get enough quality sleep!*

Preschool children require 11-13 hrs/ night!

School-age children require 10-11 hrs/night!

## Things that can affect an ADHD Child's Sleep:

**ADHD**- The biological nature of ADHD in your child doesn't shut off just because it's bedtime, but there may be other problems causing your child's sleep issues.



**Caffeine**-no children with sleep problems should consume coffee, tea, pop, energy drinks, or chocolate after about 4:00pm

**Stress and Anxiety**-About one third of children with ADHD also suffer from bedwetting. This can cause anxiety about falling asleep, or inability to fall back asleep after wetting the bed. Usually bedwetting ends by age 10, but some children suffer into their teen years

**Video Entertainment**-Arouses people of all ages, no matter of how dull it may seem at the time. Kids should not be playing video-games, using computers, or watching TV less than an hour before bedtime

**Medications**-especially those for ADHD, but also some asthma medications may increase insomnia, especially if taken later in the day.



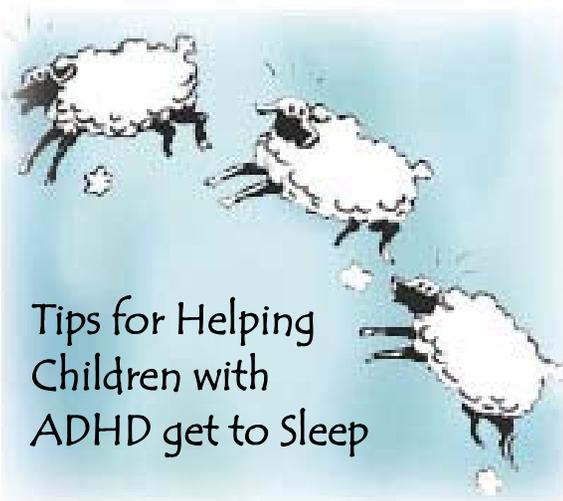
*Sometimes it is obvious to parents that their children are not sleeping well... But not always!*

## What else can I do, if I think my ADHD child is having sleep problems?

Poor sleep is a common feature of ADHD, in an individual child it can be very difficult to tease apart whether the interrupted sleep is the cause or the result of ADHD. The good news is that even when ADHD is the correct diagnosis, addressing the sleep issues can dramatically improve the behavior, and overall happiness and productivity of the child.

If you suspect that your child might be suffering from a sleep disorder, you should visit with your child's physician or pediatrician and discuss the opportunity for a referral to a pediatric sleep specialist who has the experience and facilities to help solve your ADHD child's sleep problems.





## Tips for Helping Children with ADHD get to Sleep

- 1) Stick to a bedtime routine, even on weekends and during summer months, as much as possible.
- 2) Set a specific bedtime, and keep with that schedule even if a child is allowed to sit in bed and quietly read or play.
- 3) Create a buffer time to decrease the level of activity level about an hour before bedtime. Television, video-games and computers should be replaced with quieter activities such as coloring, or reading.
- 4) Children with AD/HD often find "white noise" to be calming. You can create white noise by putting a radio on static, running an electric fan, or by playing relaxation tapes with nature sounds or calming music.
- 5) Spend ten minutes or so cuddling with your child, or spending time close to them. This will build a sense of love and security as well as provide a time to calm down.

*If you have any additional questions or would like information on our current sleep and ADHD research studies, please contact:*

**Dr. Robyn Stephens-Director of Research**  
 Tel: (416) 707-0505 Fax: (416) 703-0507  
 Email: youthdalesleepcentre@bellnet.ca

## REFERRAL FORM



Youthdale Child and Adolescent Sleep Centre  
 227 Victoria Street, Lower Level 2  
 Toronto, Ontario, M5B 1T8  
 Phone: (416) 703-0505 Fax: (416) 703-0507

### Patient Information:

Name: \_\_\_\_\_  
 DOB: \_\_\_\_\_  
 Contact Phone #: \_\_\_\_\_  
 Age: \_\_\_\_\_  Male  Female  
 Height: \_\_\_\_\_ Weight: \_\_\_\_\_

### Referring Dentist / Doctor:

Name: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 Phone #: \_\_\_\_\_  
 Fax #: \_\_\_\_\_

### Reason for Referral: (Please Circle All Relevant)

#### Anatomical:

- Large tonsils
- Large adenoids

#### Nighttime Complaints:

- Insomnia
- Snoring, Breathing problems
- Sleep apnea
- Other: \_\_\_\_\_

#### Daytime Complaints:

- Difficulty waking up
- Excessive sleepiness
- Tiredness
- Irritability
- Hyperactivity
- Behavioral problems in school
- Other: \_\_\_\_\_

### History and Medical Information:

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

### Referring Dentist / Doctor Signature:

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_ Date: \_\_\_\_\_



Attention Deficit Hyperactivity Disorder

## AND SLEEP DISORDERS



**The Youthdale Child and Adolescent Sleep Centre**

227 Victoria St., Toronto, ON M5B 1T8

Tel: 416 703-0505

Fax: 416 703-0507

For more copies of this pamphlet please visit:  
[www.youthdale.ca](http://www.youthdale.ca)