

Preparing for Bed

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- Have a consistent bed time/schedule
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- Have a bedtime ritual to wind down/transition
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- Enjoy a light snack before 9 pm then nothing later
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- Exercise at least 2 to 3 hours before bed time
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- Eliminate blue light exposure at least an hour prior to bed
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- Avoid caffeine, alcohol, and cigarettes late in day
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- Take stimulant medications before 2 pm
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- Avoid naps if you have trouble sleeping
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- Use power naps if you get too drowsy in afternoon
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- Address or eliminate stress
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- Choose a happy image/thought/feeling to take into bed

Bed/Bedroom Guidelines

Gateway Between Busy Day and Sleep

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- Cool temp (60 to 67 degrees)
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- Low noise and light
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- Space is calming, free of distractions, no clutter
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- Clock face is blocked
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- Good mattress and supportive pillows
-
- Comfortable bed, sheets, and sleep clothes
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- Have beautiful things around you
-
- Blue or green color schemes are most calming and healing, also proven to slow a person's breathing
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- Use lavender and rose essential oils –calming
-
- Keep bedroom a sleep (and sex) sanctuary

Preparing for Sleep

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- Do some gentle stretching or yoga
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- Play calming music (have a bedtime playlist)
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- Do some inspirational reading
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- Take a warm shower
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- Meditate and/or pray
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- Journal (try a JunqueJournal or a gratitude journal)
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- Have some warm milk or soothing tea
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- Give yourself permission to rest
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- Appreciate yourself and the completed day
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- Anticipate the new day and opportunities ahead
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- If you use melatonin, take it 1 to 2 hours prior to b

If You Wake Up or Can't Sleep, Try . . .

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- Progressive relaxation
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- Dumping thoughts onto paper (JunqueJournal)
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- Taking the pressure off (kind self-talk)
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- Being compassionate with yourself
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- Reading something that will tire your brain
- Stay in bed up to 15 minutes. If still awake, leave the bedroom until drowsy again.
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- Giving yourself permission to dream
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- Capturing your plan for tomorrow
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- Scheduling a worry time for sometime tomorrow
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- Rocking gently in a rocking chair
-
- Anything that has worked for you in the past

Helping ADHD Kids Get Better Sleep

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- Commit to a schedule
-
- Use a reward system
-
- Remove sources of stimulation
-
- Keep the house dark and quiet
-
- Return children calmly to bed
-
- Use background white noise
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- Take an hour to get ready for bed
-
- Use a countdown timer
-
- Wake children gently
-
- Build in getting-ready time
-
- Give melatonin a try
-
- Limit naps to developmental stage

More Things to Help ADHD Kids Sleep Better

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- Review medications to be sure they aren't impacting sleep
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- Eliminate caffeine, especially after 2pm each day
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- Get exercise several hours before bedtime
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- Begin quieting down a couple hours before bedtime
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- Reduce environmental stimulation
-
- Use a white noise machine or ear plugs
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- Use blackout curtains or a sleep mask
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- Give a warm bath just before bedtime
-
- Keep the bedroom cool –between 60 and 67 degrees
-
- Watch for asthma, allergies, pain, snoring, etc.
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- Stop blue light devices a couple hours before bedtime

Helping ADHD Adults Get Better Sleep

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- Ask what's causing them problems

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- Address each issue separately

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- Check beliefs about sleep

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- Encourage daily exercise

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- Help develop a bedtime routine

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- Encourage relaxation and mindfulness practices

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- Review self care practices

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- Reduce stress and stimulation

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- Explore how to tire the brain

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- Encourage consistency

Strategies and Tools to Help Our Clients Minimize Any Sleep Challenges

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- For anxiety, use progressive muscle relaxation

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- For depression, use gratitude practice

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- Sleep restriction

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- Cognitive reframing

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- Rewards for staying in bed

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- Positive routines

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- Parent education

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- Use a worry log

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- Journaling and sleep diary

Sleep Supports

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- Blackout curtains

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- Eye shades

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Ear plugs

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White noise machines

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Humidifiers and air purifiers

•

Fans

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Daylight clocks

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Comfortable pillows and mattresses

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Comfortable bed clothes

•

SAD lights

Help to Stay Asleep

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Don't drink too much water in evening

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Have a routine to get back to sleep

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Stay in bed for 15 minutes before getting up

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Get out of bed after 15 minutes

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Shut off night lights

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Try some warm milk

•

Notice your pattern and plan a strategy

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Meditate

•

Progressive relaxation in bed

•

Try counting down from 300 by 3's

Help to Wake and Get Up

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Have something to look forward to first thing

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Plan a reward for getting up

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Use a radio station you hate

•

Set alarm for same time every day

•

Don't get in habit of using the evil snooze button

•

Use 2 alarms

