

How to get better sleep

With ADHD



Many things can affect your sleep

Steer clear of coffee in the evening: Since our bodies naturally begin to wind down in the absence of sunshine, caffeine can have an especially stimulating effect on someone with ADHD. Avoid caffeine-containing beverages after 6 p.m. to attempt to prevent heightened alertness, racing thoughts, and frequent trips to the loo.

Your bed should only be used for sleeping and having sex. Don't associate it with other things. To prevent your brain from connecting bedtime with stimulation, try not to utilise your bed for other activities during the day, such as reading or playing video games. Try doing these other tasks in a different area or with a different piece of furniture (such a chair or sofa). Using this is far more beneficial than associating being awake with your bed.

Maintain a routine: Your brain will learn to link particular times with sleeping and waking up, so following a strict schedule can eventually have a big impact on how well you sleep. Putting this into practice could take a few weeks, but if you follow the pattern religiously, your sleep hygiene will probably improve.

Establishing a nightly pre-bedtime routine can assist your brain in signalling the release of melatonin and initiating sleep. For instance, you could turn off all of the lights in your house at nine o'clock every night, play some calming music, put an end to your phone use, take a hot bath, or drink some warm milk. If you engage in these actions on a regular basis, your brain may begin to recognise them as signs that you are winding down and preparing for bed.

Avoid doing stimulating activities that require hyperfocusing in the evening

People with ADHD can frequently have trouble waking up in the morning. For help getting out of bed, try using light therapy or plan something enjoyable for when you get out of bed, such as exercise or a nice breakfast

Weighted blankets can be beneficial