



# Treatment of ADHD Without Medications in Adults

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# Lifestyle Changes

- Practice good sleep hygiene
  - Go to sleep and wake up at the same time every day, turn off all the lights, use blackout curtains, decrease room temperature to between 60 and 67° F before bed, avoid using your phone or screens before bed, avoid caffeine late in the day, limit alcohol intake, sleep 7-9 hours, avoid large meals before bed
- Diet
  - Maintain a healthy diet, consisting of fruits and vegetables, whole grains, and lean protein. Limit added sugars.
- Exercise
  - Complete planned and structured daily workouts
- Daily routine
  - Use planners, checklists, and reminders for daily tasks

# Therapeutic Strategies

- Cognitive Behavioral Therapy (CBT)
  - Meeting with a therapist to complete CBT with a focus on ADHD has proven benefits
  - The goal of CBT is to train mindfulness, self-awareness, and goal setting
  - CBT also helps people recognize positive and negative behaviors
  - CBT has been shown to help people with ADHD improve time management skills, as well as organizing and planning skills
- Mindful Meditation
  - Regular practice of meditation trains the mind to focus on the present moment
  - Studies have shown that meditation improves attention in adults with ADHD