



# Fibromyalgia & ADHD

Fibromyalgia is a condition which can result in widespread pain, fatigue, poor quality sleep, fibro-fog, GI issues and sensitivity to pressure. ADHD is a neurodevelopmental disorder characterised by inattention, impulsivity, and hyperactivity.

*Research suggests that 45% of people with Fibromyalgia also have ADHD. Both ADHD and Fibromyalgia impact the brain through chemical imbalances, impairing emotional regulation.*



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## Shared Symptoms

Both fibromyalgia and ADHD share several symptoms, such as fatigue, difficulty concentrating, and sleep problems, making it challenging to diagnose and treat.



## Pain & Inattention

Research has found that people with fibromyalgia experience more severe ADHD symptoms, particularly inattention. The pain from fibromyalgia might disrupt attention span, impairing concentration, memory retention, and slow/confused speech.



## Sleep Disturbances

Sleep disturbances are common in both fibromyalgia and ADHD. Poor sleep can worsen symptoms of both conditions.



## Impact on Daily Life

The combination of fibromyalgia and ADHD can significantly impact daily life, causing difficulties at work or school, relationship strain, and reduced overall well-being.



## Comorbid Conditions

Fibromyalgia and ADHD are often associated with other conditions, such as depression, anxiety, and migraines, further complicating diagnosis and management.

If you are experiencing any of the symptoms of either condition, please speak to your doctor



## Treatment Options

- Regular exercise
- Talking Therapy
- Medications
- Education on and understanding both conditions
- Acupuncture
- Relaxation
- Improved sleep habits

## Understanding the Link

Fibromyalgia and ADHD commonly occur together, sharing symptoms and potentially amplifying the others effects. Both conditions impact brain chemistry, recognising this connection is crucial for accurate diagnosis and effective treatment, improving the outcomes for those affected.

