

The Basics of a Good Night's Sleep



Tips to help your kid or teen with ADHD to sleep better.

Sleep Routine

Set a consistent bedtime and wake-up time. Maintain every day, including weekends.



Pre-Bedtime Routine

Create a simple routine your child can do each night before bed.



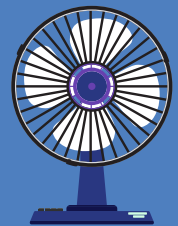
Cool-Down

Focus on calming and relaxing activities the final hour before bed to avoid exciting your child.



White Noise

White noise can help to occupy a busy mind and make it easier to drift off to sleep.



No Phone Zone

Keep phones out of the bedroom as they will keep your child awake.



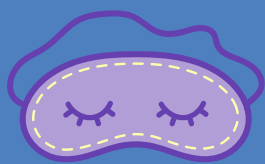
Avoid Melatonin

Melatonin can be helpful for jetlag, but should not be used on a regular basis to promote sleep.



Avoid Naps

It's better to get up, move, and stay awake until bedtime.



Get Moving!

Exercise during the day promotes better sleep at night.

