



## Counting Sheep: the ADHD Guide to a Good Night's Sleep

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1. Human bodies need \_\_\_\_\_ hours of sleep each night.
2. Most of us average about \_\_\_\_\_ hours of sleep each night.
3. Recent sleep research shows that sleep can cause serious problems with \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_ even DEATH.
4. Insufficient or poor quality sleep shows up during waking hours as difficulty with \_\_\_\_\_ and \_\_\_\_\_.
5. If you have a "sleep debt" you need to make up every hour of missed sleep to 'catch up' again: TRUE FALSE
6. Sleep architecture is a visual representation of our \_\_\_\_\_ of sleep.
7. The first phase of sleep is \_\_\_\_\_ sleep, when you 'drop off to sleep' and it functions as "an idling brain in a moveable body."
8. As you transition to Stage One sleep, your body temperature \_\_\_\_\_.

9. In Stage One sleep, brain waves recorded by researchers are \_\_\_\_\_ waves.
10. The first time you enter Stage Two sleep, it lasts only \_\_\_\_\_ minutes.
11. Normal sleepers spend about \_\_\_\_\_ their time in Stage 2 sleep.
12. It is difficult to \_\_\_\_\_ someone who has entered Stages 3 and 4 of sleep, the deep sleep phases.
13. In deep sleep, \_\_\_\_\_ and \_\_\_\_\_ fall to 20-30% below normal.
14. Deep sleep allows the body to repair tissue and strengthen its \_\_\_\_\_.
15. Young people spend \_\_\_\_\_ in deep sleep during the night but the amount of deep sleep \_\_\_\_\_ with age especially for those over 65.
16. REM stands \_\_\_\_\_ and is closest to the state of being awake.
17. During REM sleep, muscles not needed for life support are temporarily \_\_\_\_\_.
18. REM sleep occurs every 90 minutes, three to five times each night and helps improve \_\_\_\_\_ and \_\_\_\_\_.
19. The duration of REM sleep \_\_\_\_\_ as the night progresses while deep sleep \_\_\_\_\_.
20. Adults spend \_\_\_\_\_ of their sleep in REM sleep.

21. Your body is designed to get sleepy \_\_\_\_\_ hours after you get out of bed in the morning, which is the best time for a nap (if you take one).
22. \_\_\_\_\_ levels climb in the late evening and fall near daylight.
23. Inappropriately timed \_\_\_\_\_ is the most important mechanism that prevents you from falling sleep at your body's preferred time.
24. We crave sleep most between the hours of \_\_\_\_\_ and \_\_\_\_\_, assuming a normal daytime working schedule.
25. People who are chronically sleep deprive exhibit many of the same characteristics as those who have \_\_\_\_\_.
26. When people with ADHD go to bed, their brains often \_\_\_\_\_.
27. Stimulant medication causes insomnia: True or False
28. Some ADD doctors suggest taking additional \_\_\_\_\_ before bedtime because falling asleep requires focus and concentration.
29. Which has the most caffeine: 8 oz coffee, 8 oz hot tea, 8 oz iced tea or 1 oz. dark chocolate?
30. Caffeine takes effect in \_\_\_\_\_ minutes and has a half-life of \_\_\_\_\_.
31. Having a glass of wine before bedtime helps you get to sleep faster:  
TRUE or FALSE
32. If your ADD brain is racing and won't let you sleep, you can do a \_\_\_\_\_  
\_\_\_\_\_.

33. It's a good idea to keep \_\_\_\_\_ beside your bed so you can let go of worries temporarily.

34. If you have been in bed for 20 minutes and cannot sleep, it's best to \_\_\_\_\_ !

35. All sleeping pills contain an ingredient that causes \_\_\_\_\_, so you believe you have rested well.

36. Some sleeping pills can be taken continuously for up to \_\_\_\_\_ months, but no longer, unless you are under the close supervision of a medical doctor.

37. "Natural" sleep aids like melatonin help you stay asleep all night long:  
TRUE or FALSE

38. Other natural sleep aids that are considered safe include: \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_ but not \_\_\_\_\_.

39. Creating a regular (!) sleep \_\_\_\_\_ can help you get a good night's rest.

40. TV screens and computer monitors emit blue light that simulates the \_\_\_\_\_, which confuses your circadian system.

41. Some doctors believe that if you \_\_\_\_\_ the amount of sleep you get, your body will eventually re-regulate itself to normal sleep patterns.

42. Deep breathing, yoga and a progressive \_\_\_\_\_ \_\_\_\_\_ have all been shown to help relax the body and prepare for sleep.

43. The Six Rules for a Good Night's Sleep are:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

45. Other relaxation techniques include \_\_\_\_\_ and \_\_\_\_\_.

46. Recordings that claim to speak to your "inner brain" aren't worth the money:  
TRUE or FALSE.

47. Counting sheep really works: TRUE or FALSE

48. You are now feeling pretty darned sleepy: TRUE or FALSE

More sleep resources at <http://www.addiva.net/sleep>

