



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

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1. Human bodies need 7 – 8 hours of sleep each night.
2. Most of us average about 6.5 hours of sleep each night.
3. Recent sleep research shows that sleep can cause serious problems with **DIABETES, OBESITY, HEART DISEASE** and even **DEATH**.
4. Insufficient or poor quality sleep shows up during waking hours as difficulty with **ATTENTION, MEMORY** and **FOCUS**.
5. If you have a “sleep debt” you need to make up every hour of missed sleep to ‘catch up’ again: **FALSE**
6. Sleep architecture is a visual representation of our **PATTERNS** of sleep.
7. The first phase of sleep is **QUIET** 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 **DROPS**.

9. In Stage One sleep, brain waves recorded by researchers are THETA waves.
10. The first time you enter Stage Two sleep, it lasts only 15 – 20 minutes.
11. Normal sleepers spend about HALF time in Stage 2 sleep.
12. It is difficult to AWAKEN someone who has entered Stages 3 and 4 of sleep, the deep sleep phases.
13. In deep sleep, BLOOD PRESSURE and PULSE fall to 20-30% below normal.
14. Deep sleep allows the body to repair tissue and strengthen its IMMUNE SYSTEM.
15. Young people spend 20% of sleep time in deep sleep during the night but the amount of deep sleep DECREASE with age, especially for those over 65.
16. REM stands for RAPID EYE MOVEMENT and is closest to the state of being awake.
17. During REM sleep, muscles not needed for life support are temporarily PARALYZED.
18. REM sleep occurs every 90 minutes, three to five times each night and helps improve MEMORY and LEARNING.
19. The duration of REM sleep INCREASES as the night progresses while deep sleep DECREASES.
20. Adults spend 20 – 25% of their sleep in REM sleep.
21. Your body is designed to get sleepy ABOUT 7 hours after you get out of bed in the morning, which is the best time for a nap (if you take one).

22. MELATONIN levels climb in the late evening and fall near daylight.
23. Inappropriately timed LIGHT 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 12 MIDNIGHT and 6 AM assuming a normal daytime working schedule.
25. People who are chronically sleep deprive exhibit many of the same characteristics as those who have ADHD.
26. When people with ADHD go to bed, their brains often RACE.
27. Stimulant medication causes insomnia: True AND False
28. Some ADD doctors suggest taking additional STIMULANTS 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 30 minutes and has a half-life of 4 HOURS.
31. Having a glass of wine before bedtime helps you get to sleep faster:
FALSE
32. If your ADD brain is racing and won't let you sleep, you can do a MIND DUMP.
33. It's a good idea to keep PAPER AND PENCIL 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 GET UP !

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

36. Some sleeping pills can be taken continuously for up to SIX 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:
FALSE

38. Other natural sleep aids that are considered safe include: VALERIAN, LAVENDER, PASSIONFLOWER, CHAMOMILE, but not TRYPTOPHAN.

39. Creating a regular (!) sleep RITUAL/ROUTINE can help you get a good night's rest.

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

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

42. Deep breathing, yoga and a progressive BODY SCAN 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. Notice your personal rhythms of rest (circadian/light, rest regularly, consider 20-minute naps seven hours after you awaken)

2. Take care of your body: exercise, caffeine/alcohol limits, monitor meds

3. Create a sleep sanctuary: bedding, cool dark room, banish the clock, feel safe

4. Use darkness as a sedative: dim the lights, use blue light blockers,
write/read/yoga/meditation

5. Allow yourself to surrender to sleep: avoid sleeping pills when possible, practice
“letting go” of being awake

6. Help yourself stay asleep: control “outside world” intrusions like TV, go to bed
only when you are sleepy (don’t FORCE yourself to sleep), get up if you can’t fall
asleep easily or quickly.

45. Other relaxation techniques include MEDITATION and BIOFEEDBACK.

46. Recordings that claim to speak to your “inner brain” aren’t worth the money:
TRUE AND FALSE. (They don’t allow you to learn while asleep, but they can help
settle the mind via soothing music and visualization)

47. Counting sheep really works: TRUE (any rhythmic activity can lull your brain to
sleep)

48. You are now feeling pretty darned sleepy: TRUE or FALSE (only you know the
real answer to this question!)

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

