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[Learn more about CBT-I
adapted for ADHD](#)



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Thank you for attending Marlee Boyle's presentation of "Tired but Wired: Solutions for Sleep Challenges of ADHD". Below is an overview of the key takeaways and information that was shared.

If you're interested in learning more about CBT-I adapted for ADHD, please connect with us using the links above.

We appreciate the time you shared with us and we hope you continue to sleep well!

Sleep Works Dream Team xx

The Basics of Sleep Science:

- Sleep is a critical yet often overlooked health component, making up about one-third of our lives.
- Sleep cycles occur every 90 minutes, including four stages:
 - Stage 1: Light sleep, easy to wake.
 - Stage 2: Deeper sleep, memory consolidation begins.
 - Stage 3: Deepest sleep, physical restoration (often called "beauty sleep").
 - REM Sleep: Brain activity peaks; dreaming and emotional regulation occur.
- Disrupted or insufficient sleep hinders emotional regulation, memory, and daytime functioning.

Sleep and ADHD:

- ADHD brains are particularly sensitive to sleep deprivation.
- Lack of sleep exacerbates symptoms like inattention, impulsivity, and emotional dysregulation, forming a vicious cycle.
- Delayed circadian rhythms and poor sleep habits are common among ADHD individuals, causing sleep disorders such as insomnia, sleep apnea, and restless leg syndrome.

Factors Affecting Sleep for ADHD:

- Process S (Sleep Pressure): A physiological drive influenced by adenosine levels.
- Process C (Circadian Rhythm): A 24-hour biological clock regulating sleep timing.
- Common disruptors include stimulant medications, late caffeine intake, and inconsistent schedules.

Management and Treatment Strategies:

1. Ineffectiveness of Standard Sleep Hygiene:
 - Traditional advice (e.g., reducing screen time) often fails due to ADHD-related executive function challenges.
2. Cognitive Behavioural Therapy for Insomnia (CBT-I):
 - Recognized as the first-line treatment for chronic insomnia by major health organizations.
 - Key elements:
 - Cognitive restructuring of negative sleep thoughts.
 - Stimulus control and sleep scheduling.
 - Relaxation techniques.
 - Benefits extend beyond sleep, improving ADHD symptoms, anxiety, and chronic pain.

Adapting CBT-I for ADHD:

- Virtual delivery for accessibility and convenience.
- Short, weekly sessions with small group sizes.
- Technology integration for reminders and sleep tracking.
- Tailored tools: tunable light bulbs, amber glasses, and bright light therapy.

Final Thoughts:

- Sleep is not a personal flaw but a biological challenge for ADHD individuals.
- A shift towards strategic, evidence-based interventions can empower those with ADHD to reclaim restorative sleep and improve overall quality of life.