

## Non-Pharmological Strategies for ADHD Management

SLEEP HYGIENE

EXERCISE

DIET AND NUTRITION

Structure & Routine

## Sleep Hygiene

Sleep problems and insomnia are very commonly reported by people diagnosed with ADHD.

Insufficient sleep can result in difficulties with attention, emotional/behavioural regulation, cognitive functioning, memory and performance.

### GOAL #1: Sleep Hygiene (Fill in the blanks)

Bedtime Alarm: \_\_\_\_\_

**Note:** This should be 30-60min before bedtime. It's a reminder to stop what you are doing and initiate your sleep hygiene routine.

Bedtime: \_\_\_\_\_

Wake Up: \_\_\_\_\_

Routine: \_\_\_\_\_

**Note:** Post up your bedtime routine in the bathroom and initiate once the bedtime alarm goes off.

### Set a Sleep Schedule

**Set a routine.** Go to sleep and wake up at the same time everyday.

**Goal 8 hours** of sleep per night.

**Avoid napping.** If needed, aim for a nap before 3 PM, limiting to 10-20 mins.

### Follow a Routine

These are just options, tailor your bedtime routine to best suit you.

- Dim lights
- Plug in phone
- Brush Teeth
- Wash Face
- Comfy PJ's
- Stretching
- To Do List
- Agenda
- Soft Music
- Meditation
- Reading
- 5-10 pages

### Pro Tips

- ☐ **Unplug from Electronics**  
Screens cause sleeping difficulty by stimulating the brain and generating blue light that decreases melatonin production.



- ☐ **Don't Toss and Turn**  
If you have been in bed for 20 minutes without falling asleep, get up - stretch, read, or do something else in low light before trying again.



- ☐ **Get Daylight Exposure**  
Regulates circadian rhythm.



- ☐ **Reduce Caffeine/Alcohol**  
Especially in the evening.  
Caffeine and alcohol disrupt sleep.



- ☐ **Get Regular Exercise**  
Promotes better sleep.



- ☐ **Restrict In Bed Activity**  
Use your bed only for sleep and sexual activity. Avoid other activities such as eating, watching tv, and working in bed. This can help build a link in your mind between sleep and your bed.

