**ADHD and Sleep**

ADHD is linked with several sleep problems.

* Children with ADHD may sleep more during the day than children without ADHD.
* One study found that 50% of children with ADHD had signs of breathing problems during sleep, compared to only 22% of children without ADHD.
* Leg movements during sleep (causing poor sleep) are also widespread in children with ADHD.

![C:\Users\Pamela\AppData\Local\Microsoft\Windows\Temporary Internet Files\Low\Content.IE5\9EKC3APN\MC900056934[1].WMF]()Lack of sleep is a common problem among children in America. One poll found more than two-thirds of children have one or more sleep problems at least a few nights a week. For children with ADHD, poor sleep may deeply impact ADHD symptoms. Sometimes, treating sleep problems may be enough to keep children focused and less active in school.

Children and adults act differently as a result of sleepiness. Adults often become sluggish or dull when tired while children tend to speed up. For this reason, sleep loss is sometimes confused with ADHD in children. Children may also be moody, have temper-tantrums, and/or act out as a result of sleepiness.

Sleep problems are also widespread in adults with ADHD. Scientists have found many of the same symptoms in adults with sleep problems and those with ADHD. This suggests that ADHD might be wrongly diagnosed in some adults.

The CDC says about 1 in 10 school-age children have an ADHD diagnosis. More boys have ADHD than girls. In adults, though, the amount of ADHD is about the same between men and women. The cause of ADHD is not known but experts suspect that it may be related to differences in the brain, mothers who smoke when pregnant, contact with toxins, and/or genetic factors.

ADHD is linked with emotional problems, higher rates of drug and alcohol use, and poor functioning at school and work. Sleep problems are also linked to mood problems and trouble thinking clearly. Treating sleep problems in children and adults with ADHD may help with symptoms and quality of life.



This information is provided by the Charleston Promise Neighborhood (CPN); original version written by the National Sleep Foundation – ADHD and Sleep.