

June 5, 2024

Topic: SLEEP/Disordered sleep

Do Sleep Studies help? What makes them a struggle?

Filling out the charts (which can be boring and a struggle)

For some, exercise has helped with mood, not with sleep

Others becoming okay with waking around 5 am, getting up and starting the day

Inability to sleep or get restorative sleep can interfere with “regular” day job – getting there on there on time, having the energy to do the work

“**Napitizers**” – short naps over the course of the day

fall asleep at 9 or 10p, up at 3p, make efforts to fall back asleep

May be okay for a few days, then run on low batteries

Things to try:

Lavender

Pink noise

Brown noise

Cold room

May sleep but don't awake refreshed

Distinguishing between sleep and restful sleep

Brain doesn't say when it's time to rest

Seem to get a lot of work done while asleep – negotiating, planning classes

So don't rest and awake fatigued

Won't fall asleep if talking or eating – otherwise may fall asleep even at computer or standing up

Makes it difficult to get help with the exhaustion

Feeling like we've tried everything

Things to try:

APP → checking sleep quality, offers tips

Fitbit → registers quality of sleep, “judges” sleep

Do pets interfere or support going to bed/sleeping/getting up?

Does working toward consistency of going to bed at certain time and getting up at certain time help?

Two of us have appts with sleep specialists

Some experience “teenager sleep pattern: stay up late, hard to get up or getting up late”

If brain not ready to go to sleep, won't go to sleep

We tend to have more energy at night, more focus – what's that about?

Circadian rhythm – impact of ADHD on this?

Genetics?

Environmental impacts?

Impact of sensory stimulation (light, sound, temperature)

DA: put some articles in the discussion boards

Things to try:

Being in the sunlight in the morning at a consistent time may help to “reset” our rhythm

Learning about sleep hygiene

Progressive relaxation/Yoga Nidra

Role of structure of a job or school

Dogs - Short walks -Started with getting outside in the yard (15-20 minutes) – even going back to bed afterwards at the first - Longer walks

Including self-care and sleep in planner (ADHD PLANNER)

Coming from a place of forgiveness for the lifetime of experience, what's it like to inhabit a place where we begin again and again and again ☺

Resetting with Sun Salutations

Acknowledge the need the quiet – made shift to waking early, before the family, to enjoy the quiet

“5-4-3-2-1 Method” from Mel Robbins (there is a book)

Getting all the things out for the next day as a way to support our ability to go to sleep

What things from “morning” list could we shift to the night before?

“Credit” for the self for advancing tasks to the day before

Ask self → am I sleepy? Would I like to rest?

Body doubles to go to bed

Book mentioned → The Art of Flow

Delayed Phase Circadian Rhythm – connection to ADHD?

Frustration of dealing with medical/health care → finding those who understand the intersection of ADHD – how?

ADHD meds in evening to support going to sleep? Is there science around this? Who to ask?

Some reference articles added after the conversation – links follow citation:

Green, Rachel. **Time Blindness in ADHD: An ADHD Symptom Spotlight**. 5/11/2023

“While the process is not fully understood yet, the most widely accepted framework for time perception among researchers is the scalar expectancy theory (SET).¹

SET describes time perception as a kind of internal clock where time is measured out in pulse rate.

For most people, it’s possible to estimate with reasonable accuracy when one minute has passed because their brain knows roughly how many times their heart beats in a minute. As that number of beats nears, they’ll intuitively start to feel like the minute is almost up.

The brain combines this pulse information with other sensory inputs like brightness levels and temperature changes in their environment to build an overall picture of where they are in time and how fast they’re moving through it.

Time blindness happens when that process is disrupted or defective leading to problems that often get mislabeled as poor time management....”

<https://www.verywellmind.com/causes-and-symptoms-of-time-blindness-in-adhd-5216523>

Study finds perception of time linked to heartbeat 3/7/2023

<https://www.sciencedaily.com/releases/2023/03/230307114434.htm>

Korman M, Palm D, Uzoni A, Faltraco F, Tucha O, Thome J, Coogan AN. **ADHD 24/7: Circadian clock genes, chronotherapy and sleep/wake cycle insufficiencies in ADHD**. World J Biol Psychiatry. 2020 Mar;21(3):156-171. doi: 10.1080/15622975.2018.1523565. Epub 2018 Nov 5. PMID: 30234417.

Abstract

Objectives: The current paper addresses the evidence for circadian clock characteristics associated with attention-deficit hyperactivity disorder (ADHD), and possible therapeutic approaches based on chronomodulation through bright light (BL) therapy.

Methods: We review the data reported in ADHD on genetic risk factors for phase-delayed circadian rhythms and on the role of photic input in circadian re-alignment.

Results: Single nucleotide polymorphisms in circadian genes were recently associated with core ADHD symptoms, increased evening-orientation and frequent sleep problems. Additionally, alterations in exposure and response to photic input may underlie circadian problems in ADHD. BL therapy was shown to be effective for re-alignment of circadian physiology toward morningness, reducing sleep disturbances and bringing overall improvement in ADHD symptoms. The susceptibility of the circadian system to phase shift by timed BL exposure may have broad cost-effective potential implications for the treatment of ADHD.

Conclusions: We conclude that further research of circadian function in ADHD should focus on detection of genetic markers (e.g., using human skin fibroblasts) and development of BL-based therapeutic interventions.

<https://pubmed.ncbi.nlm.nih.gov/30234417/>

Bondopadhyay U, Diaz-Orueta U, Coogan AN. **A Systematic Review of Sleep and Circadian Rhythms in Children with Attention Deficit Hyperactivity Disorder.** J Atten Disord. 2022 Jan;26(2):149-224. doi: 10.1177/1087054720978556. Epub 2021 Jan 5. PMID: 33402013.

Abstract

Objective: Children and adults with ADHD often report sleep disturbances that may form part of the etiology and/or symptomatology of ADHD. We review the evidence for sleep changes in children with ADHD.

Methods: Systematic review with narrative synthesis assessing sleep and circadian function in children aged 5 to 13 years old with a diagnosis of ADHD.

Results: 148 studies were included for review, incorporating data from 42,353 children. We found that sleep disturbances in ADHD are common and that they may worsen behavioral outcomes; moreover, sleep interventions may improve ADHD symptoms, and pharmacotherapy for ADHD may impact sleep.

Conclusion: Sleep disturbance may represent a clinically important feature of ADHD in children, which might be therapeutically targeted in a useful way. There are a number of important gaps in the literature. We set out a manifesto for future research in the area of sleep, circadian rhythms, and ADHD.

<https://pubmed.ncbi.nlm.nih.gov/33402013/>

Snitselaar et al. Sleep and Circadian Rhythmicity in Adult ADHD and the Effect of Stimulants: A Review of the Current Literature.

<https://www.nsw.o.nl/wp-content/uploads/jaarboek-24-2013.pdf#page=145>

Wynchank et al. The Association Between Insomnia and Sleep Duration in Adults with Attention Deficit Hyperactivity Disorder: Results from a General Population Study.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5837836/#:~:text=In%20the%20fully%20adjusted%20models,group%20with%20no%20ADHD%20symptoms.>

DISORDERED EATING NEXT WEEK