

8 WAYS TO IMPROVE SLEEP QUALITY WHEN YOUR TEENAGE DAUGHTER HAS ADHD

Fifty percent of individuals with ADHD have sleep problems, including restless sleep, low sleep quality, and difficulty falling asleep. Make a habit of practicing these tips to help your daughter slow down before going to bed and train her brain for sleep.

4 WAYS TO IMPROVE SLEEP HYGIENE



ONE

Dim the lights 30 minutes before bed. This increases melatonin production.



TWO

Play relaxing music to focus the brain and wind down.



THREE

Postpone “deep” conversations to prevent swirling thoughts. Keep conversation simple and light.



FOUR

Avoid screens to give her brain time to slow down and relax.

WHAT TO DO WHEN SLEEP HYGIENE DOESN'T WORK



FIVE

Tire the brain with a difficult, unengaging book. This helps turn her many thoughts into one thought. Try a history book or the *Iliad of Homer*.



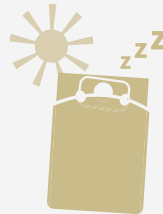
SIX

Reset the sleep cycle by getting out of bed after trying for about 30 minutes to fall asleep. Allow her to go into a different room, try a few tricks to fall asleep, and then go back to bed and try again.



SEVEN

Try sleep aids whether prescription, over-the-counter, or natural. These could include meditation, warm milk, tea, essential oils, and a white noise machine.



EIGHT

Let her sleep in when possible. In junior high and high school, the school may allow her to begin her day with second period, which can make a huge difference in her mood and ability to concentrate during the day.

While most everyone struggles with sleep from time to time, it's likely that your daughter with ADHD has an especially hard time getting quality sleep. If she stays up for hours after bedtime, it's likely because she can't fall asleep. Patiently trying several different methods to help her sleep will teach her how to calm herself and ultimately make bedtime easier.