

Restorative Sleep = ADHD Success

Key Points

- Deep sleep improves focus, learning, and emotion regulation
- ADHD brains often struggle with melatonin production



Good parenting includes tolerating pushback when enforcing bedtime routines.

Action Steps

- Remove screens 60-90 minutes before bedtime
- Dim lights 1 hour before bedtime (darkness in evenings → boost melatonin)
- Get your child outside in morning light daily (morning daylight → reset circadian rhythm)
- Consistent and early bedtime, seven nights per week (staying up later on weekends → worse ADHD symptom control)

Home Practice

Implement the bedtime adjustments you identified during today's session (e.g., lights off earlier, screen-free bedtime).

My goal is:

Resources

- [When Your Child with ADHD has Difficulty Sleeping](#), Children's Hospital of Orange County