Making sense of sleep

Three books for understanding a busy mind at night, taking pressure off sleep and learning how the body clock works.

01

A BUSY MIND AT BEDTIME

Quiet Your Mind and Get to Sleep

Colleen E. Carney and Rachel Manber · 2009

A cognitive behavioural therapy for insomnia (CBT-I) workbook for nights when worry, low mood or pain complicates sleep. Start here if you want structured exercises for noticing what keeps you awake.

Publisher details · ISBN 9781572246270

02

WHEN SLEEP FEELS LIKE A TEST

The Sleep Book

Guy Meadows · 2014

An acceptance and commitment therapy approach to the frustration of lying awake. Choose it if you want a different way to respond to thoughts about how much sleep you should be getting.

Publisher details · ISBN 9781409157618

03

UNDERSTANDING SLEEP TIMING

Life Time

Russell Foster · 2022

An introduction to the body clock and how light and daily schedules affect it. A good choice if you want to understand why you can feel alert at night and slow to get going in the morning.

Publisher details · ISBN 9780241993392

IF SLEEP IS AFFECTING YOUR DAYS

If sleep difficulties persist or make everyday life hard to manage, speak to your GP. Mention any gasping, breathing pauses or marked daytime sleepiness. See NHS advice on insomnia and sleep apnoea.

From reading to routine

Three practical reads for getting started, planning around ADHD and tracking the patterns you want to understand.

04

ADHD ROUTINES AND FOLLOW-THROUGH

The Adult ADHD Tool Kit

J. Russell Ramsay and Anthony L. Rostain · 2015

Practical strategies for turning intentions into actions. Adapt its planning tools to an evening transition, such as writing down where to restart a task before you put it away.

Publisher details · ISBN 9780415815888

05

THE WIDER ADHD PICTURE

Taking Charge of Adult ADHD

Russell A. Barkley · 2021

A broad guide to adult ADHD, including time management and treatment questions. Choose this if late nights sit alongside other daily difficulties and you want ideas for practical support.

Publisher details · ISBN 9781462546855

06

WORKSHEETS AND SLEEP PATTERNS

The Insomnia Workbook

Stephanie A. Silberman · 2009

A structured CBT-I workbook for readers who prefer worksheets and step-by-step exercises. Start with the sleep diary if you want a clearer record to bring to a GP or sleep clinician.

Publisher details · ISBN 9781572246355

ONE CHANGE IS ENOUGH TO START

Try one idea that fits your evenings or mornings. Jot down what felt easier or harder without aiming for perfect nights. If sleep changed after starting or adjusting ADHD medication, take your notes to your prescriber. NICE guidance on sleep monitoring.