

Tips for Healthy Sleep in ADHD/ODD

Promoting Sleep Regulation	
	Set and enforce bedtimes on weekdays and holidays
	Set and enforce wake times on weekdays and holidays
	Keep a regular schedule of activities, including meals
	Avoid bright light in the bedroom at bedtime and at night
	Increase light exposure in the morning
	Establish appropriate napping schedule
Promote Sleep habits and Conditioning	
	Establish a regular bedtime routine
	Limit activities that promote wakefulness while in bed (TV, cell phone) use bed only for sleeping
	Do not use bed for punishment (time outs)
	Avoid using staying up later or going to bed earlier as rewards and punishments
	Avoid sleeping other than bedroom (couch, car, etc.)
Reducing Arousal and promoting relaxation	
	Keep electronics out of the bedroom
	Limit use of electronics before bedtime
	Avoid heavy meals and vigorous exercise close to bedtime
	Reduce cognitive and emotional stimulation before bedtime
	Eliminate caffeine
	Include activities in bedtime routine that are relaxing and calming
Promoting adequate sleep amount and quality	
	Set an age-appropriate bedtime and wake time to ensure adequate sleep
	Maintain good sleeping environment – low noise
	Maintain good sleeping environment – low light
	Maintain good sleeping environment – cool temperature
	Maintain good sleeping environment – age appropriate bedding
	Maintain good sleeping environment – decent bed

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