

# Coaching ADD with Sharon

## Newsletter #23

Sleep Issues

October 4, 2007

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**Dear Alan,**

ADD coaching can be an important step in working through the issues of attention deficit disorder. Medication can help with focus, but it does not improve issues such as disorganization, time management, forgetfulness and rumination. Coaching helps you through these issues one step at a time to improve your overall quality of life.

Coaching can be a positive component of a multi-modal treatment plan. Read the information below, use it and share it with a friend or family member who may be dealing with the frustrations of ADD. Refer to my web site at [www.coachingaddwithsharon.com](http://www.coachingaddwithsharon.com) for additional information about me and how coaching can help you.

Do you have serious trouble falling asleep at night because your mind is racing and you can't shut it down? Is it very difficult for you to wake up in the morning? Do you feel like you are trying to come out of a fog?



*Sleep Issues*

Many people with attention deficit disorder experience serious problems with falling asleep and/or waking up. Not getting the proper amount of sleep can make your ADD symptoms worse. Focus is difficult enough for ADDers, but not getting enough sleep makes focus even more problematical.

I have done a great deal of research on sleep issues and ADD and most of it suggests things like taking a bath before bedtime to relax, turn off the TV and computer at least two hours before bedtime, don't eat just before bedtime. These are all good suggestions for normal sleep/insomnia sufferers, but sleep problems for people with ADD tend to be much more chronic. And sleep medications are only meant to be taken for short periods of time, not indefinitely.



Children as well as adults suffer from sleep problems. So if your child has attention deficit and can't wake up in the morning, it may be because of their ADD, not because they are just trying to be uncooperative in the morning.

Problems with falling asleep for both children and adults can be because you just have so much going on in you mind and can't shut the thoughts off (rumination). But difficulty waking up in the morning could be the result of sleep apnea or enlarged adenoids.

Do you or your child snore? This is one sign of sleep apnea. You might want to consider being tested at a local sleep clinic.

There is also some information that indicates that children who appear to have ADD and related sleep issues, could have enlarged adenoids. Removing adenoids and tonsils may help eliminate sleep issues.

Impaired sleep is no small matter. If you are dealing with loss of sleep, you might want to do some online research into sleep apnea, snoring, tonsils and adenoids. See your doctor and have an exam focusing on the potential causes of sleep problems. Try to rule out any obvious physical problem causing your sleep issues.

***"Don't Let What You Can't Do Get In The Way Of What You Can"***

## Getting Help

Coaching is a non-judgmental partnership that focuses on guiding you toward actions to improve the quality of your life. Sessions begin with what the client feels is their biggest challenge and works toward discovering strengths and talents and creating strategies for change. If you are ready to improve your life, I can help. Visit my web site [www.coachingaddwithsharon.com](http://www.coachingaddwithsharon.com) or email me at [sharonh75@optonline.net](mailto:sharonh75@optonline.net).

If you have missed any of my newsletters or want to refer back to them, they are on my website.

## CACLD

**CACLD** - Connecticut Association for Children and Adults with Learning Disabilities will be holding its annual conference, "Learning Disabilities and Attention Deficits Through the Lifespan" on Saturday, October 13th, 8:30 am-3:00 pm at the Marriott Hotel in Stamford, CT.

I will be doing a presentation on Raising Happy and Successful Kids with ADD. I hope to see you there. For more information go to [www.caclld.org](http://www.caclld.org) or call 203-838-5010.

Sharon Howell



## Quick Links...

- [More About Us](#)
- [CHADD \(Children with Attention Deficit Disorder\)](#)
- [ADDA \(Attention Deficit Disorder Association\)](#)
- [CACLD \(CT Association for Children & Adults w/Learning Disabilities\)](#)
- [Dr. Daniel Amen and the Amen Clinics](#)

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