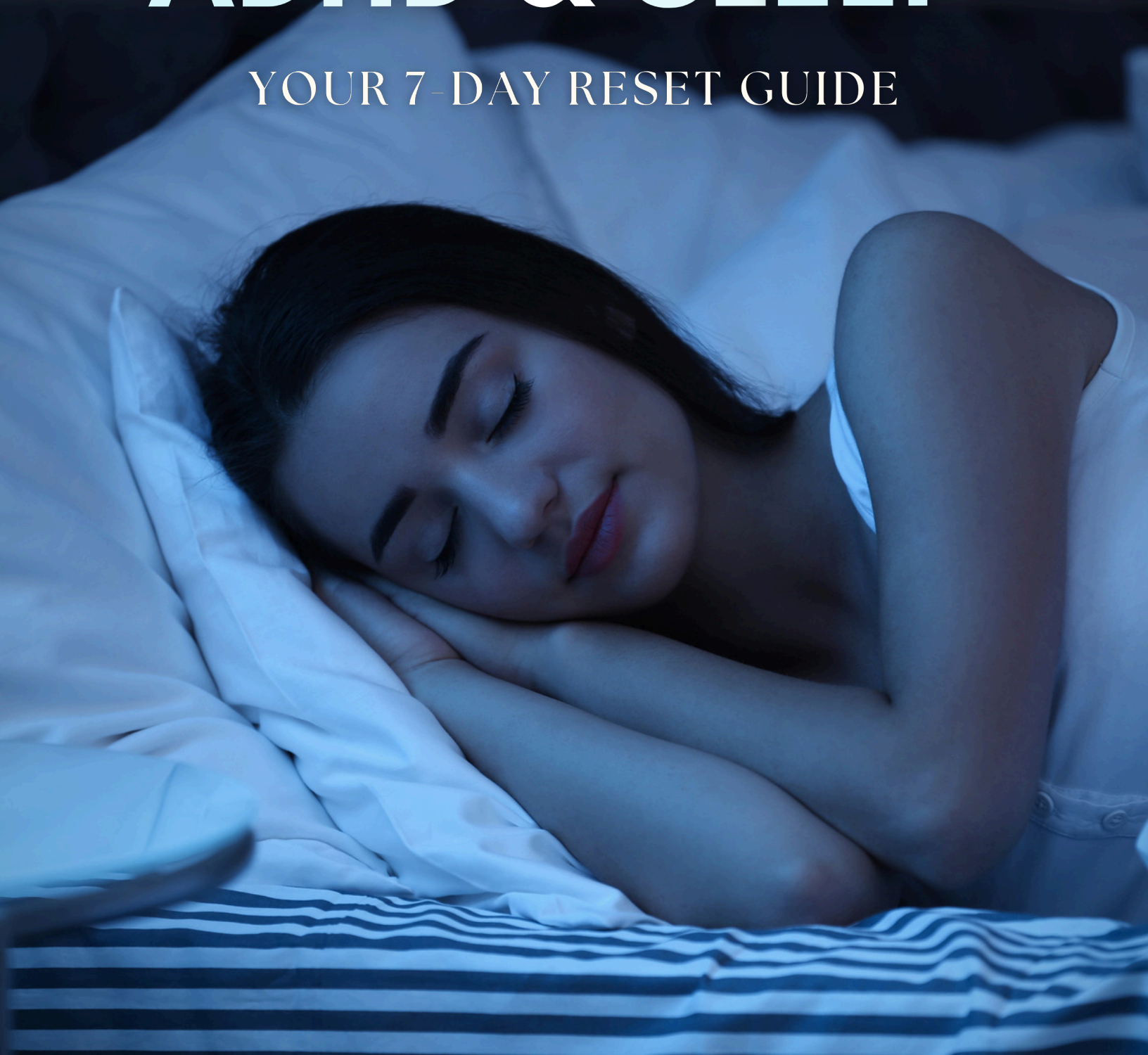
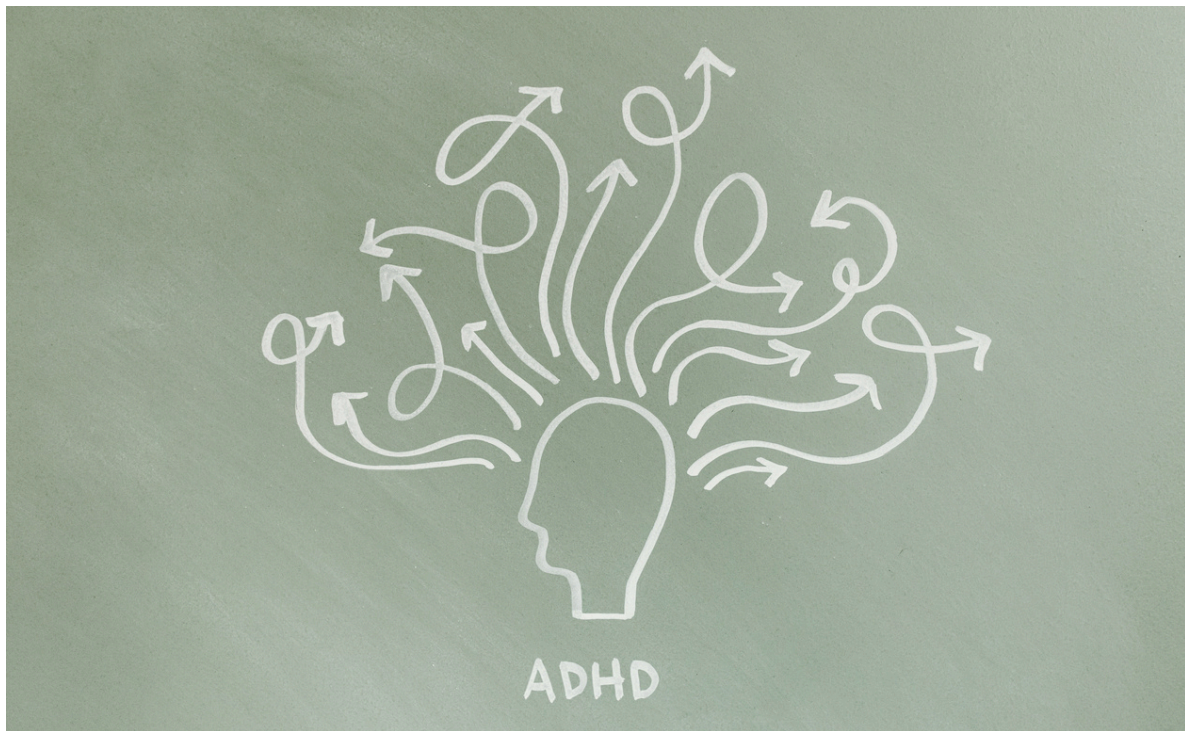


# ADHD & SLEEP

YOUR 7-DAY RESET GUIDE





## WHY SLEEP CHALLENGES ARE COMMON WITH ADHD

If you live with ADHD, your mind rarely has an 'off' switch. Even when your body is tired, your thoughts can race, your senses stay alert, and sleep can feel frustratingly out of reach.

It's not your fault. ADHD affects the brain chemistry that regulates attention, impulse control – and the rhythms of sleep too.

### **But here's the good news:**

You can change your relationship with sleep. One gentle habit at a time.

# THE LOOP THAT TRAPS YOU

ADHD can lead to trouble falling or staying asleep, which results in exhaustion and irritability, further worsening ADHD symptoms and creating a vicious cycle of even poorer sleep.

It's a vicious cycle. But cycles are meant to be broken. And tonight, you can begin.



# TOP STRATEGIES FOR SLEEP



## **Create a Consistent Sleep-Wake Routine:**

Sleep and wake at the same time daily.



## **Wind Down with a 30-Minute 'Buffer Zone':**

Dim lights, no screens, calming activities.



## **Make It a 'Screen-Free' Last Hour:**

Let your mind disconnect naturally.



## **Try Guided Relaxation Techniques:**

Use breathing exercises or muscle relaxation.



## **Consider Natural Sleep Aids:**

Herbal teas or calming essential oils.

# MAKE IT PLAYFUL:

## Try Activities Linked to Each Strategy



- **Draw your ideal night routine.**
- **Record a personal 'wind-down playlist.'**
- **Pick a bedtime-only book.**
- **Create a tea ritual.**
- **DIY a soft-light sleep corner.**

# 7-DAY SLEEP TRACKER

## MONDAY

BEFORE SLEEP FEELING	STRATEGY USED	SLEEP QUALITY (1-10)	MORNING FEELING	NOTES

## TUESDAY

BEFORE SLEEP FEELING	STRATEGY USED	SLEEP QUALITY (1-10)	MORNING FEELING	NOTES

## WEDNESDAY

BEFORE SLEEP FEELING	STRATEGY USED	SLEEP QUALITY (1-10)	MORNING FEELING	NOTES

## THURSDAY

BEFORE SLEEP FEELING	STRATEGY USED	SLEEP QUALITY (1-10)	MORNING FEELING	NOTES

## FRIDAY

BEFORE SLEEP FEELING	STRATEGY USED	SLEEP QUALITY (1-10)	MORNING FEELING	NOTES

## SATURDAY

BEFORE SLEEP FEELING	STRATEGY USED	SLEEP QUALITY (1-10)	MORNING FEELING	NOTES

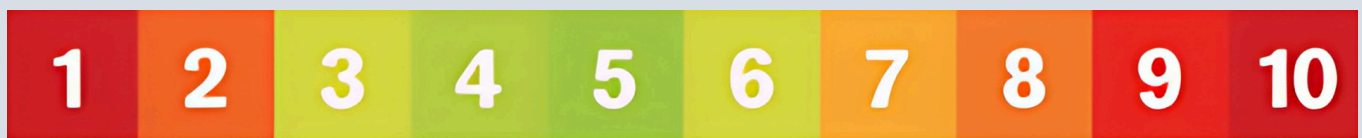
## SUNDAY

BEFORE SLEEP FEELING	STRATEGY USED	SLEEP QUALITY (1-10)	MORNING FEELING	NOTES



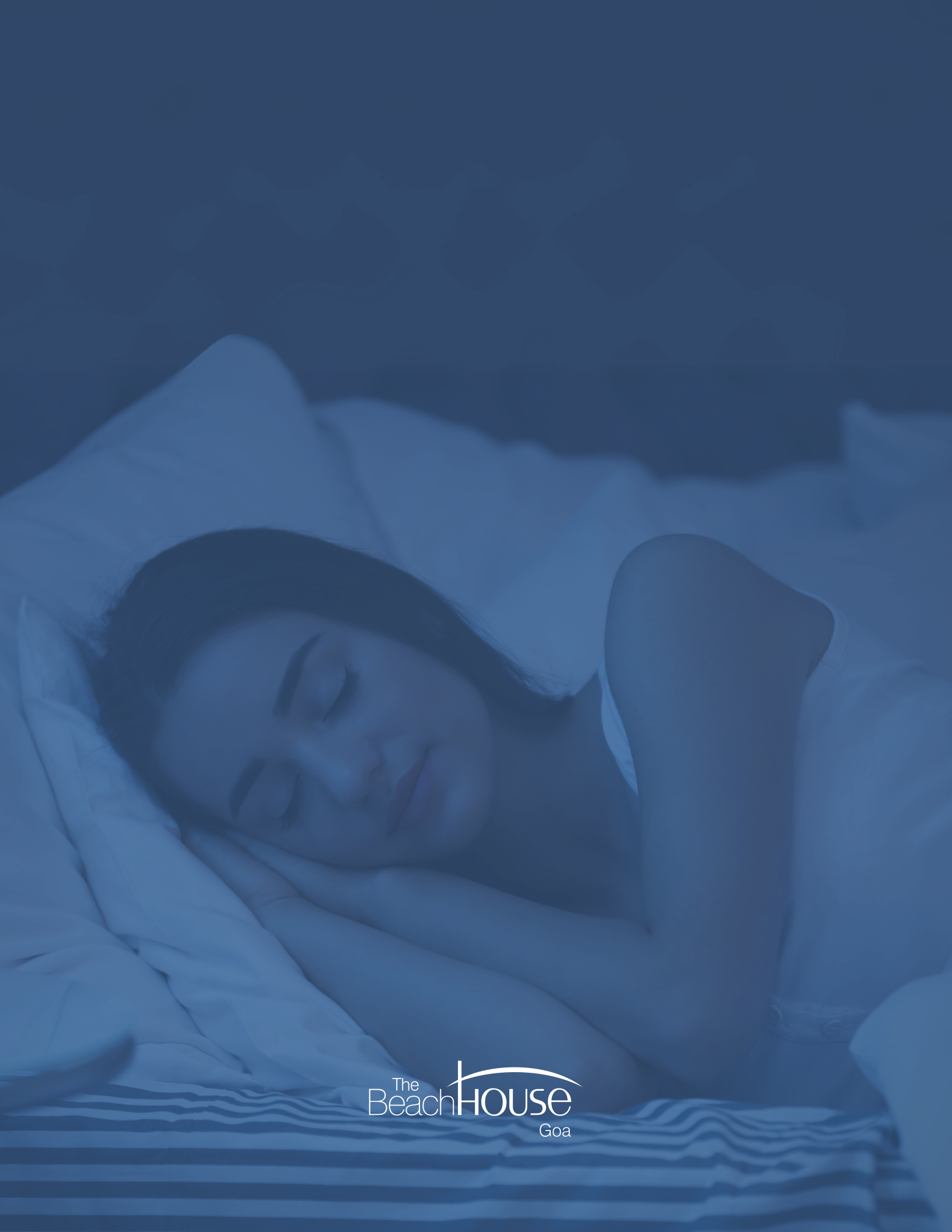
## DETOX YOUR DIGITAL SPACE

Rate your overall day from **1 to 10** at the end.



Your brain is wired differently – and beautifully. Sleep is not out of reach. It's a relationship you can heal, one gentle night at a time.

***You deserve deep rest. You deserve bright mornings. Begin tonight.***



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