



ADHD uPLifted SLEEP AWARENESS



By Cynthia North, Certified ADHD Life Coach

Living life easier is good for all of us, ADHD-minded or not. You do not have to have Attention Deficit Hyperactivity Disorder (ADHD) to use what is shared here in the ADHD uPLifted Series to improve your quality of life. Do you want to find ways to work with your brainpower? Then you are in the right place. The ADHD uPLifted Series is a monthly publication written by me, Coach Cindy to offer you tested ways to lift up your chin and find your strengths from within. Attention Deficit Hyperactivity Disorder is a different ability in mastering life. Whether you are diagnosed with ADHD, think you have ADHD, or just need ways to live easier than this is the place for you. Inside you will find inspiration packed full of helpful tools, tips, strategies, and fast facts to try out. I hope you find this information value-added.

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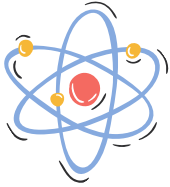


FAST FACT

A Clashing force: ADHD and Sleep

In clinical practice, sleep problems are reported in an estimated **25%–50%** of individuals who have **ADHD**.

(Wajszilber et al., 2018).



Cankaya University released research stating, ADHDers are actually 2.7 times more likely to suffer high-level insomnia than those without the disorder (Evren et al., 2019).

To Sleep Like A Baby Again



By: Cynthia North, CALC

"How nice it must be to sleep like a baby." This English idiom means sleeping peacefully and sound through the night with no worries in the world. Sounds lovely to me. How about you? Funny though, sleep could be one of the least prized necessities and one of the most ignored human needs. "Needing" less sleep is sometimes used to boast or prove how hard one worked, "I only got three hours of sleep getting ready for today's presentation. Finished just in time. I told you I could pull it off." Considering humans sleep for about one-third of their life it's no wonder sleeping seems like an utter waste of life's time (Staff Writer, 2020). Regardless of the importance of sleep, some people want to reclaim their time by sleeping less. This way, more can be accomplished, but at what cost? For others, trying to sleep and stay asleep is harder than harvesting Aspens in Alaska. Sawing logs doesn't happen for them. If you struggle with a brain difference, you are even more likely to struggle with getting enough consistent restful sleep. Fortunately, sleep science and the importance of sleep is growing. If you have been ignoring your sleep, it is time to pull back the covers. In the past ten years, sleep research has skyrocketed. In this month's ADHD uPLifted Series article, I will highlight the current state of sleep, how sleep works, what sleep deprivation is, and what you can try so you can sleep like a baby again.





Over the past ten years, the importance of sleep has risen. Since 2011, funds for sleep research have nearly doubled. [RePORTER.com](https://www.reporter.com) estimates that by the end of 2021, \$470 million will be awarded for sleep research (RePORT, 2014). Why the need to study sleep? We all sleep. Some of us better than others. So what is the big deal?

“About 50 to 70 million Americans have sleep disorders, and 1 in 3 adults do not regularly get the recommended amount of uninterrupted sleep they need to protect their health.” (Sleep Health | NHLBI, NIH, 2020)

Sleep is more complicated than laying your head down on the pillow. First, you have to have the cue to go to bed, and then you have to be able to fall and stay asleep. Sleep is necessary for both mental and physical health. Sleep is a dynamic brain activity affected by many factors such as; circadian rhythms, hormones, light stimulus, alcohol/nicotine/drug use, exercise, nutrition, and more. Are you setting yourself up for a good nights' rest or up all night?

A restful night's sleep requires 4-6 sleep cycles, with one complete cycle lasting about 90-110 minutes. There are five stages of sleep varying in the amount of time spent in each stage. Stages 1-4 are essential to restoration. REM sleep is believed to be responsible for cognitive functions like learning, being creative, and storing memory. (Stages of Sleep - Sleep Foundation, 2020) During REM sleep, the body is atonic (paralyzed), and the brain is most active. This is when dreams occur and memories are moved to long-term storage (<https://www.facebook.com/AmericanSleepAssociation>, 2021).



The 5 Stages of Sleep

YOU NEED 4-6 CYCLES OF SLEEP TO WAKE FEELING RESTED. 1 CYCLE TAKES 90-110 MINUTES

STAGE 1

Very Light Sleep (approx. 10 minutes)

Easily awoken, sleep jerks (myoclonic jerks), sleep start may feel like falling, sleep related amnesia can occur.



STAGE 2

Light Sleep (approx. 30-60 minutes)

Brain waves are slower, eye movement stops, brief bursts of brain activity (sleep spindles). Heart rate and temperature decrease.



STAGE 3

Deep Sleep (approx. 5-15 minutes)

In the first stage of deep sleep, the brain has a combination of delta (slow) waves and faster waves, it is very difficult to wake someone from this stage of sleep, if awoken during this stage you may feel groggy or disoriented. Required stage to feel rested when waking.



STAGE 4

Deep Sleep (approx. 5-15 minutes)

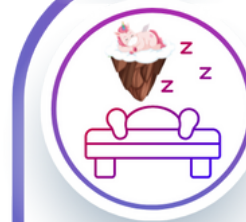
The deepest of sleep. The brain is making mostly delta waves. Extremely difficult to wake someone from this stage of sleep. Required stage to feel rested when waking.



STAGE 5

REM Sleep (approx. 10-60 minutes)

Rapid Eye Movement, the body is paralyzed, breathing is irregular, temperature and heart rate increase, dreams occur. Believed to transmit memories into long-term memory.



WWW.EMPOWERM3.COM

Resource: Brain Basics - Understanding Sleep (nih.gov)



Each sleep cycle has a specific role in restoring the brain and body. There is also a period during sleep called sleep-related amnesia that is experienced when quickly returning to sleep after having been asleep. This explains why you don't recall conversations during the night or that you turned off your alarm when you go

right back to sleep. You swear your alarm didn't go off, but it did. You just don't remember. Oversleeping can become a problem.

Sleep deprivation can be dangerous and affect your overall health. The National Heart, Lung, and Blood Institute stated, people with sleep deficiency have a higher risk of several health problems, including obesity, diabetes, high blood pressure, stroke, and kidney and heart disease (Lichtenstein, 2015). Sleep deprivation is at fault for over one million car accidents in the United States alone. The more sleep-deprived a driver is, the slower their overall awareness and reaction times are. In the article Causes and Consequences of Sleepiness Among College Students Hershner and Chervin state, in adults, sustained wakefulness of 17 hours was equivalent to a blood alcohol concentration (BAC) of 0.05%, and 24 hours was equal to 0.1%, above the legal level for intoxication in the US and most countries worldwide (Hershner & Chervin, 2014). If you do not get a good night's sleep you may not even realize the symptoms you are experiencing and what you accept as "normal" are actually from sleep deprivation.

Symptoms of Sleep Deprivation

The American Sleep Association and WebMD list the following Symptoms of Sleep Deprivation, some of which are silently lurking:



- Grogginess
- Forgetfulness
- Lack of focus
- Increased sensitivity to pain
- Decreased emotional regulation
- Weaker Immunity
- Increased depression and anxiety
- Weight changes (loss or gain)
- Muscle fatigue

(<https://www.facebook.com/AmericanSleepAssociation>, 2016), (<https://www.facebook.com/WebMD>, 2018)



Why sleep? It's a waste of time. Right? Considering the average human life expectancy is 79.3 years, you could spend 25.8 years of your life sleeping (Bailey, 2017). It seems you could easily choose to steal back some time from the sleep bucket. But what does getting less sleep cost you- those all-nighters, push-throughs, get-er done nights? What if less sleep costs you your opportunity to function at your peak performance? If you have ADHD lack of sleep could make your ADHD symptoms worse. There is an opportunity cost in sleep deprivation, both mentally and physically. How can you consider sleep essential, better yet, coveted, for your optimum wellness?

Do you want to function at 100%? If your answer is yes, then it is time to pull back the covers and get down to what has you up at night. It is not uncommon for ADHDers to report their mind racing at night with no turn-off, or their body feeling like a buzz of energy, restless or not tired at all. Maybe you have felt that way? Other times you are able to fall asleep easily but wake in the middle of the night unable to go back to bed. In this situation, you may not have the "sleep inertia" required to fall back asleep. Sleep inertia is the transition between being asleep and awake- the feeling of grogginess (Jones, 2021). If you wake without this feeling, it can be challenging to fall back asleep. If you are not groggy before bedtime, it can also be very hard to fall asleep. Some medications can make sleeping or waking harder. The timing of eating, exercise, and your exposure to daylight can also affect your sleep patterns.



Sleep is essential to your optimum performance. If you are sleep deprived either by choice or due to an underlying cause, take action today to give your mind and body what it requires to recharge and be at its' best. ADHD symptoms can make sleep very difficult. Consult with your doctor if you cannot sleep, wake in the night, or feel overly groggy in the morning or during the day. Sleep debt can be dangerous to your health and costs you your best self. Going without proper sleep is like trying to load a video on demand with a weak wifi signal or load your favorite video on a low battery. The lag is a drag. The following information is provided to be informative and to bring awareness to the importance of sleep. Talk with your doctor if you are experiencing symptoms of sleep deprivation. Sleep is no longer a need you can brush off. You now know the importance of sleep. To be at your optimum, you must get proper sleep regularly. How can you make your sleep a top priority? You deserve to live life at your optimum. To sleep like a baby again... what could that be like?

Fall Asleep & Stay Asleep



SLEEP SOLUTIONS

By: [Cynthia North, CALC](#)

1. Go to bed and wake at the same time every day to set your circadian rhythm. Including the weekends. (a tough one for teenagers)
2. Set a night-time/wind-down ritual (ex: bathe, dress for sleep, brush teeth, rock while reading)
3. Involve your senses (dim the lights, slow your body and mind with meditation or a weighted blanket, apply essential oils such as lavender oil.)
4. Create a comfortable environment (room temperature of 60-67° F (Lauriello, 2019), comfortable mattress and pillow, bedding, quiet with earplugs or consistent white noise, air movement)
5. Keep it dark (use an eye mask if you are sensitive to light)
6. Avoid blue light before bed
7. Read before bed (no blue light if reading from a device)
8. Only sleep in your bed. If you can't fall asleep within 10-30 minutes, get out of bed and do something quiet. Read or journal your thoughts (in dim light only), listen to a sleep story, or meditate, a-z game to shift mindset. DO NOT get on your phone, watch TV, or eat.
9. Drink warm milk (Narwan Amini, 2021)
10. Practice deep breathing exercises or the tense and relax method.
11. Daytime napping for under 20 minutes or 90 minutes (1 sleep cycle) may affect your ability to sleep at your set bedtime. If you are having trouble falling asleep, assess if daytime naps are affecting your nighttime tiredness.
12. Get outside whenever you can. Daylight is essential to your wellness and your bodily clock for sleep.
13. Do not drink alcohol, use nicotine, OTC or illegal drugs (some prescription medications affect sleep-consult your doctor) or caffeine before bed.
14. Go to the bathroom right before bed to avoid waking in the middle of the night.
15. Stop your sleep worry. If you are worried about not falling asleep, you will not fall asleep. Anxiety over getting enough sleep can keep you up. Instead, shift your attention to a calming activity.

"Sleep Deprivation is the most common brain impairment." -William C. Dement



Daylight Saving Time - Not Again!

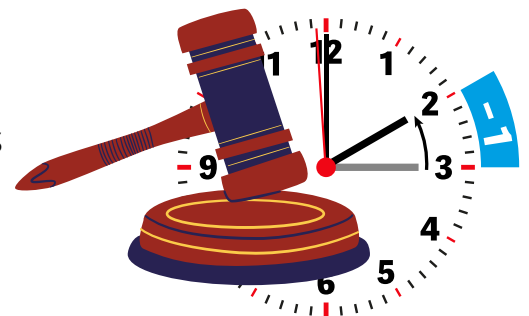
By: Cynthia North, CALC

All these years I thought Daylight Saving Time (DST) was in effect for our farmers. But in fact, DST was mandated during WWII to save energy. At the time artificially lit homes were a novelty. During WWII the federal government believed homes would use less electricity if an extra hour of daylight was observed in the evening.

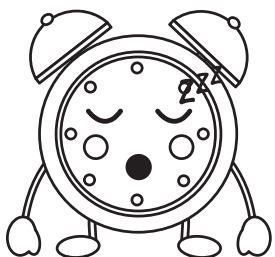
(<https://facebook.com/adayinourshoesIEP> & <https://facebook.com/adayinourshoesIEP>, 2021). The clock change was put in place in an effort to save money. Years later many of us are still springing forward and falling back. What is DST really costing you today if it is still saving money?

The human body does not function on clock time. The natural sleep and wake cycle has a biological basis based on light. More specifically, a 24-hour period of light and dark cycles called the circadian rhythm. Circadian Rhythms are the body's sleep-wake cycle. Circadian rhythms are set according to waking time, eating times, activity, and sleep time and affect all bodily cues. Your body falls into a rhythm. DST disrupts the programming of every cell in our body. Lack of sleep, the after-effect due to the time change, can be directly connected to many health issues—everything from increased ADHD characteristics to cancer and diabetes. The process of altering the clock by one hour shows a 48-hour spike in heart attacks, strokes and car accidents.

DST is still in place despite recent efforts to abolish the time change. Arizona, Hawaii, Puerto Rico, and the U.S. Virgin Islands do not practice DST. In 2020, 32 other states pursued legislation to adopt DST (more daylight in the evening) as the permanent year-round time. At the same time, the American Academy of Sleep Medicine called for



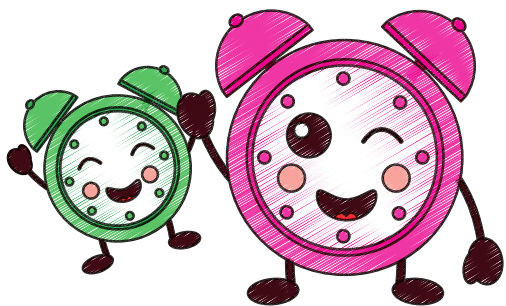
TIP: DECREASE YOUR LIGHT INTAKE BY SETTING YOUR PHONE TO NIGHT SHIFT MODE STARTING TWO HOURS BEFORE YOU PLAN TO GO TO BED. THIS WILL DECREASE THE BLUE LIGHT WAVELENGTHS.



the seasonal time changes to be abolished in favor of year-round standard time (less evening light), noting it most closely matched our sleep-wake cycle. DST (1-hour ahead) provides light in the evening when the body is programmed for sleep. Adding more light to the evening affects the release of melatonin. Melatonin is not released until the body senses night with decreased light. This imbalance in light and darkness creates havoc. Melatonin is crucial in creating a sleep balance. In effect, your brain is not signaling your body to go to sleep at your regular time due to the choice to move the hands on your clock.

Understanding the rhythm of your body will help you function and maintain wellness better, whether you are affected by clock changes or not. In our day and age, there is technology available in watches, phone applications and even built into beds. Take a closer look at your sleep cycle to get a head start in creating a shift as you get closer to a time change. Time changes also include travel, as jetlag has the same effect on your body. The sleep cycle is biological and essential! Get a jumpstart in beating the clock lag during November's fallback. Here are a few tips that may make the change easier on your body.

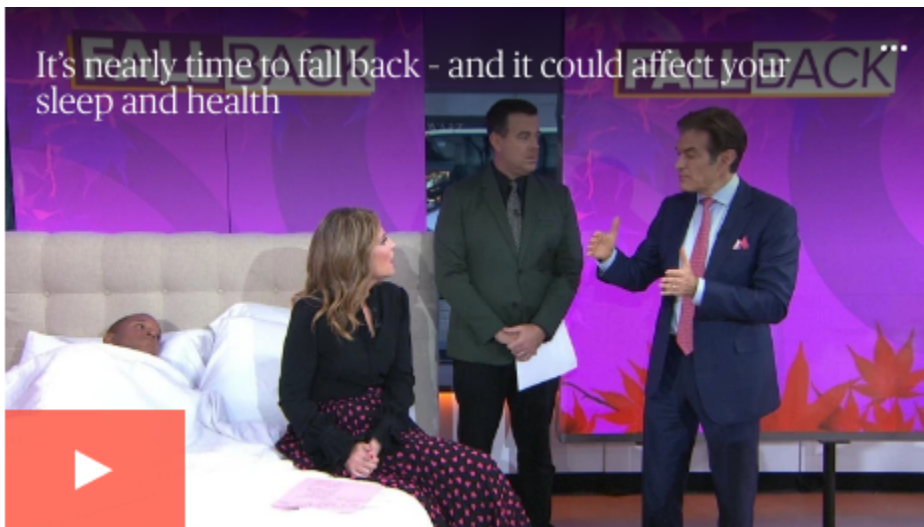
FALL BACK WITH EASE



1. Go to sleep and wake 10-15 minutes earlier for 3-7 days before the time change.
2. Eliminate Caffeine 1-2 days before the time change.
3. Eat 15-30 minutes earlier in the evening to signal a shift.
4. Consult with your doctor if taking OTC melatonin would benefit your sleep needs.
5. Turn off electronics earlier in the evening.
6. Add exercise, even a peppy walk, in the middle of the day to break through the mid-day lull.



Watch and Learn Daylight Saving Time



Nov. 1, 2019, 8:42 AM EDT /
Updated Nov. 1, 2019, 12:11 PM
EDT / Source: TODAY

By Dr. Oz

Watch Time: 5:13 minutes

"I'm often asked how daylight saving time affects your health — and if it does at all. The answer is yes, but there are easy ways to counteract it."

[.\(TODAY.com, 2019\).](https://www.today.com/health/dr-oz-how-daylight-saving-time-affects-your-health-1c906890)



Happiness is... the one to three mornings after daylight saving time falls back.



Daylight Savings Time and Sleep

Why are so many of us disoriented by the time change each year? Get tips on adjusting more quickly.

 WebMD

Watch Time: 2:23 minutes

[.\(https://www.facebook.com/WebMD, 2019\).](https://www.facebook.com/WebMD)





WATCH *Spot Light* NOW



Watch TODAY

"How Sleep Affects Your Brain Health"

Feb. 25, 2021

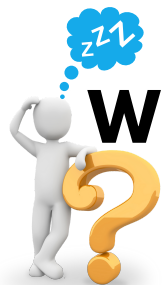
Watch time: 4:41 minutes

Hoda Kotb and Jenna Bush Hager talk to experts David Eagleman, neuroscience professor at Stanford University and CEO and co-founder of Neosensory; Rebecca

Robbins, sleep researcher and co-author of "Sleep for Success!"; and Matthew Walker, professor of neuroscience and psychology at the University of California, Berkeley, about the impact of sleep on your brain health. ([TODAY.com](https://www.today.com/health/how-sleep-affects-your-brain-health/story.html), 2021).



"The last hour before bed I am dimming my lights. I like the idea of writing down everything I have on my mind for tomorrow before I go to bed. I think that could really calm my thinking." CC



When Should You Go To Bed?



Sleep Calculator - Determine How Much Sleep You Need

Want to make sure you get the sleep that you need? Use our sleep calculator to plan your nightly schedule

Sleep Calculator

Home / Sleep Calculator Updated March 18, 2020

Select your age range:
Choose

How much sleep do you want?
Choose

I want to wake up at... I want to go to bed at...

HR : MIN : AM



([Sleep Calculator - Determine How Much Sleep You Need](https://www.sleepfoundation.org/sleep-calculator) | [Sleep Foundation](https://www.sleepfoundation.org), 2020)

"Rest when you're weary. Refresh and renew yourself, your body, your mind, your spirit. Then get back to work."

- Ralph Marston



Sleep Cycle - Sleep Tracker

ADHD uPLifted App of the Month

Apple Store Ratings 4.7

Ages 4+

Free and Paid Premium (\$29.99/yr with 7-day trial)

Cancel Anytime

Sleep Cycle states you will "sleep better and wake up rested with Sleep Cycle's smart alarm clock." This app analyzes your sleep patterns and can detect snoring, sleep talking, coughing, and other sounds for an added premium.

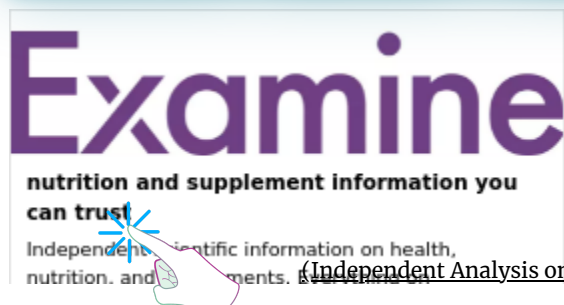
Start your day feeling energized with Sleep Cycle's intelligent alarm clock, designed to gently wake you up while you're in your lightest sleep phase. Plus, you'll get detailed analysis as their sleep tracker monitors your bedtime patterns from the moment your head hits the pillow. Access to premium features in the paid version includes relaxing sleep sounds and a story library.

(Sleep Cycle AB, 2009)



"Sleep is a coveted ritual in my household. I guard sleep like I guard dinnertime. I have used the free Sleep Cycle app and find when it wakes me I feel more rested. I would imagine it could really help someone with ADHD to wake when it is most optimal for their brain. Curious how it may benefit you." CC

KNOW WHAT YOU TAKE

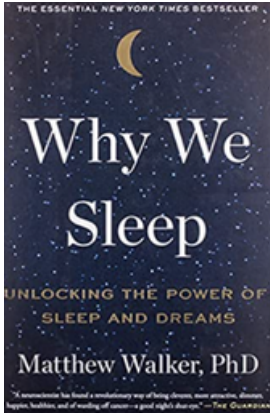


(Independent Analysis on Supplements & Nutrition, 2011)

"Knowledge is power, especially when it comes to what we ingest. I use this database as a free user to research the effects a certain supplement may have on my body and the symptoms it claims to help. This has helped me be prepared when I talk with my doctor about my options." CC



READERS *Corner*

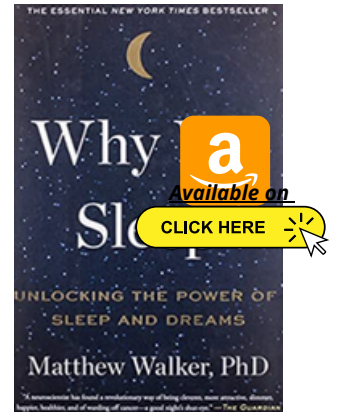


Why We Sleep: Unlocking the Power of Sleep and Dreams Paperback – Illustrated, June 19, 2018

by Matthew Walker PhD (Author)

4.7 out of 5 stars 14,460 ratings

368 pages/ Audio13hrs 52mins



Sleep is one of the most important but least understood aspects of our life, wellness, and longevity. Until very recently, science had no answer to the question of why we sleep, or what good it served, or why we suffer such devastating health consequences when we don't sleep. Compared to the other basic drives in life - eating, drinking, and reproducing - the purpose of sleep remained elusive... Walker explains how we can harness sleep to improve learning, mood, and energy levels; regulate hormones; prevent cancer, Alzheimer's, and diabetes; slow the effects of aging; increase longevity; enhance the education and lifespan of our children, and boost the efficiency, success, and productivity of our businesses.

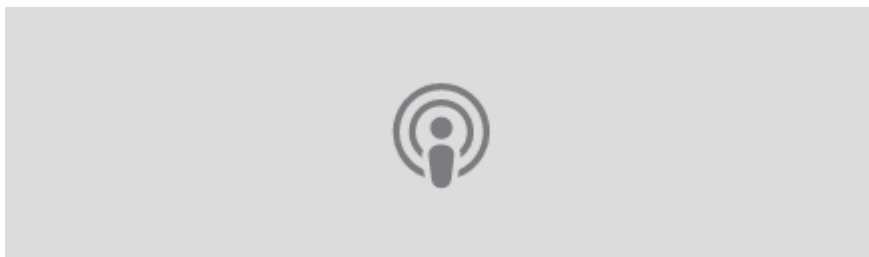
(Why We Sleep: Unlocking the Power of Sleep and Dreams: Walker, Matthew: 9781501144318: Amazon.com: Books, 2021)



"When I was struggling with severe back pain my doctor asked how my sleep was. Part of my wellness plan focused on sleep hygiene and stress reduction. With sleep, my nerves could also rest. Walker offers great insight in this book." CC

6. LISTENING TO NOW

"This was a long podcast, but worthy! I appreciate the peer-reviewed science Dr. Huberman offers to explain sleep. Sleeping is not as easy for many, me included. I struggle with staying asleep. I now realize how my daily activities affect my sleep. My sugarplum suffers from sleep anxiety the longer she stays awake."



This episode, brought to you by Dr. Andrew Huberman, provides a variety of information on what makes you sleepy, sleep soundly, and feel awake and alert. It covers a broad range of tools for anyone wishing to improve their sleep and wakeful state. The science and logic for each tool are described. (Dr. Andrew Huberman, 2021)



About Coach Cindy

Thank you for joining me. My name is Cynthia North, but people know me as Cindy. I am a Certified ADHD Life Coach devoted to partnering with clients to create self-success within ADHD and living life. I work with all ages having a special interest in how the brain affects the outcome. I help ADHDer's move from crippled in doubt to capable with clarity. I have expanded to offer personalized Mental Fitness Coaching through Shirzad Chamine's Positive Intelligence Program. New possibilities bloom with deeper self-awareness and through the strength in your mental fitness. I have an innate desire to empower others no matter what difficulties they face.

ADHD has touched me personally and professionally.

I know first-hand how ADHD symptoms and its' behavior can wreak havoc on family dynamics. I chose to become a trained ADHD Life Coach because I want others to discover the greatness within ADHD strengths while working with their executive functioning challenges. I am where I am today because of my two dynamic ADHD children. They both teach me and open my mind to more each day. Their needs were beyond a hug, discipline, structure, or praise. So I sought professional help, ultimately finding a trained ADHD Life Coach. And here I am.

Life experiences have made way for opportunity. I am on a journey to slay stigmas surrounding brain differences. Finding a Life Coach to empower my child led me to become a trained ADHD Life Coach myself to serve others past their stuck ways and ADHD stigmas. Choosing to strengthen your inner-self is where Empower Me starts. The work is an inside job where your "me" begins. Connecting your heart and brain with a Coach creates empowerment opportunities.

EmpowerM3 - is where the 3 connect to take flight.



There is a more extraordinary tomorrow when the discovery starts today.

Resources**READ**

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- Small Time Change, Huge Disruption | Daylight Savings Time and Autism | ADHD | Tips - A Day In Our Shoes

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PODCAST

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My Notes



Disclaimer:

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