



# Tips and Strategies for People with ADHD

Mornings and evenings can be a challenge for people with ADHD. You are not alone



### Trouble waking up?

- Limit digital media use.
- Create a calm, relaxing, and consistent bedtime routine.
- Use a sleep app or consult a doctor to find out about the quality of your child's sleep.
- Go to bed earlier. Some children and teens need more than eight hours of sleep.
- Find a creative alarm clock that uses puzzles or loud alarms.



### Uncooperative?

- Pick your battles. If you repeatedly have the same arguments in the morning, agree on hot-topic items the night before.
- Get your child's input. Provide your child with choices between two tasks rather than directing him or her to complete a task.



### Always late?

- Plan a routine with the end in mind. Start with the end time and work backward.
- Time tasks to see how long they really take and revise your start time accordingly.
- Build-in an extra 10 minutes of cushion for life to happen.
- Use a timer or electronic device to sound warnings before and when it's time to leave.



### Uncontrolled Symptoms?

- Optimize medication effectiveness. If you or your child takes medication and it isn't working or working well enough, talk with your doctor.
- Take medication during or after a high-protein breakfast. Think beyond traditional breakfast foods.