

WAKING UP RIGHT

BETTER MORNINGS WITH ADHD

TRYING TO ADDRESS WAKING UP CHALLENGES SEPARATELY WONT HELP YOU FIND A CONSISTENT SOLUTION, INSTEAD TRY TO FOCUS ON UNDERSTANDING THE OVERALL PATTERN AND CONNECTION BETWEEN FALLING ASLEEP, STAYING ASLEEP, AND WAKING UP

SOME COMMON EXAMPLES,

Revenge bedtime procrastination is when we put off sleep to enjoy "me time" activities like reading, playing video games, watching tv or browsing social media.

BEDTIME PROCRASTINATION

The activities are fun in the moment but don't have long-term benefits. This happens more often when busy schedules leave little time for relaxation during the day. It's called "revenge" because you're trying to get back at the day's stress and responsibilities by staying up to make up for not having your own time.

Pro Tip

Try to incorporate intentional you time in your day. Find a time that aligns with your daily schedule and routine, it doesn't have to be right before bed.

1. Wake up earlier for a walk or quiet time.
2. Use your lunchbreak to do something you enjoy
3. Plan activities after work that help you unwind

If its not doable to have it distanced from bedtime, find activities that help you unwind and fulfill your "me time." needs

OVERTHINKING ANALYSIS

The same struggle that prevents you from getting good sleep can also make it hard to get up in the morning.

Bedtime Analysis

About three-fourths of all adults with ADHD find it hard to shut off their mind so they can fall asleep at night

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Pro Tip

If you find yourself overthinking before bed, try jotting down bullet points of what's on your mind and the tasks for tomorrow. This helps clear your mind and makes it easier to fall asleep.

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In The Morning

When the alarm rings you're wide awake, then your mind is suddenly overwhelmed with all the tasks you need to tackle that day so the brain goes into override and crash mode making it harder to get out of bed

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Pro Tip

Identify tasks to do the night before to make your mornings easier, pack your bag and leave it by the door, choose your outfit, and prepare your lunch the night before.

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HYPERACTIVE SLEEP INTERRUPTION

After finally drifting off, resting is still troubled. The toss and turn, waking up at the slightest noise in the house.

Sleep disturbances is very common, over 80 percent of adults with ADHD report waking up several times until around 4 a.m. Then, they enter the ADHD Sleep Of The Dead which is extremely hard for them to wake up from

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Pro Tip

Just like our bodies, our brains need exercise too. If your brain is active and won't shut off at bedtime, find its version of "burpees" to release that extra energy before your bedtime routine. This could be different for everyone. Try activities that engage your creativity or organizing skills. This helps stimulate your brain in an active way “not the im bored shut off way”, preparing it to relax when it's time to sleep.

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Tips & Tricks

*As you are working on tackling a sustainable solution
You still need to wake up in the morning! These are some
ideas that might help you*

1

Tap into the power of a tempting smell that makes you want to get out of bed, like

Set your coffee maker to start brewing just after your alarm goes off.
Use scents like peppermint, eucalyptus, or rosemary that can help you feel more awake

2

Honor the interest-based system !

Have something that motivates you to get up

Our ADHD brain is always craving stimulation, when it loses interest in an activity our nervous system disengages which can make us feel drowsy and reluctant to get out of bed

What genuinely motivates you to get out of bed and makes your morning enjoyable, free from any sense of obligation

1. Spending extra time with your dog or kids
2. Text a friend
3. A yummy breakfast
4. Watch your favorite tv show as you get ready

3

Crank up the upbeat tunes and let the rhythm wake you up

Playing energizing music from your favorite playlist can be a great way to start the day. It lifts your mood, boosts your energy, and motivates yourself to get out of bed. Plus, it's very hard to stay asleep when there's upbeat music playing.

4

Hydration Boost

Drink water as soon as you wake up. It gives your body a mini boost to shake off the grogginess. Keep a glass of water on your nightstand to sip on right after waking, even if you plan to snooze for a few more minutes. You'll find it much harder to fall back asleep with your body feeling refreshed and alert.

5

Morning ADHD Meds

If you take ADHD medication, consider incorporating a pre-wake-up routine: briefly waking up to take your ADHD medication, then going back to sleep. This way, when your alarm goes off later, it'll be easier to wake up because the medication is already working in your system.