

Sleep disorders in ADHD: pathophysiology, diagnosis and treatment

Andreia Hazewinkel | specialist i psykiatri, Department of Psychiatry, Leiden University Medical Center, Nederländerna

Up to 80% of adults with ADHD struggle with sleeping problems, ranging from delayed sleep phase disorder and insomnia to obstructive sleep apnea and restless legs. Sleeping problems are often chronic, and can lead to a myriad of (health) problems, including exacerbation of core ADHD symptoms.

In this lecture we will examine the different types of sleeping disorders, their pathophysiology and impact on social functioning and health. We will touch briefly on treatment options.

For a more in-depth discussion about treatment options, I invite you to join the master class on the third day of this conference entitled “Practical workshop using a new protocol for the diagnosis and treatment of various sleep disorders in ADHD”. The master class will provide an opportunity for discussions related to real life clinical cases provided by the participants prior to the conference.