



Research Shows Sleep Problems in ADHD Patients

by G. Bossik on April 26th, 2012 at 11:25 am



Scientists in Taiwan have learned that [ADHD](#) (Attention Deficit Hyperactivity Disorder) patients experience abnormal sleep patterns.¹

In a 2010 study, the scientists found that young people with this psychological disorder had sleep problems, altered sleep schedules, and inadvertent napping in some cases.

The study appeared in the Journal of Sleep Research and is entitled, *Association Between Symptoms and Subtypes of Attention-Deficit Hyperactivity Disorder and Sleep Problems/Disorders*.

According to the National Institute of Mental Health, there are three subtypes of ADHD: predominantly hyperactive-impulsive, predominantly inattentive, and combined hyperactive-impulsive and inattentive.²

In the ADHD study, a variety of sleep problems were found among the ADHD subtypes.¹

"...the most-related sleep problems for inattention and hyperactivity-impulsivity included insomnia, sleep terrors, sleep-talking, bruxism (hyperactivity-impulsivity mainly), and snoring," the scientists reported.

After studying 582 children and teenagers, the scientists also found that some ADHD patients slept longer on school days.

In addition, there was a notable sleep-related behavioral pattern in two subtypes of ADHD.

"The ADHD -C [combined hyperactive-impulsive and inattentive] and ADHD-I [predominantly inattentive] groups, but not the ADHD-HI [predominantly hyperactive-impulsive] group, exhibited more daytime inadvertent napping than the non-ADHD group..." the Taiwanese scientists noted in their study.

Ultimately, the scientists concluded that adolescents who have ADHD should be assessed for sleep problems and sleep disorders.

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Sources:

1. Huey-Ling Chiang et al, "[Association Between Symptoms and Subtypes of Attention-Deficit Hyperactivity Disorder and Sleep Problems/Disorders](#)," Journal of Sleep Research.
2. National Institute of Mental Health, "[Attention Deficit Hyperactivity Disorder \(ADHD\)](#)," NIMH.