

## PRACTICAL PEARL: Sleep Problems associated with ADHD

<b>INTRODUCTION</b>	<ul style="list-style-type: none"><li>• Sleep problems are common in children with ADHD. Even before stimulants are started 26% have diagnosable sleep disorders. <a href="http://www.ohsu.edu/xd/education/schools/school-of-medicine/departments/clinical-departments/psychiatry/divisions-and-clinics/child-and-adolescent-psychiatry/opal-k/upload/OPAL-K-Sleep-Disorder-Care-Guide-7-6-16.pdf">http://www.ohsu.edu/xd/education/schools/school-of-medicine/departments/clinical-departments/psychiatry/divisions-and-clinics/child-and-adolescent-psychiatry/opal-k/upload/OPAL-K-Sleep-Disorder-Care-Guide-7-6-16.pdf</a></li></ul>
<b>INITIAL EVALUATION AND MANAGEMENT BY PRIMARY CARE</b>	<ul style="list-style-type: none"><li>• When evaluating ADHD, primary care providers can get an initial look at sleep by asking parents “Has your child’s sleep been a problem for you over the past 4 weeks?” If they answer yes, ask if the problem is mild, moderate or severe.</li><li>• Mild problems can be handled with education and a prescriptive sleep routine. Such an intervention not only helps many children sleep, but decreases their ADHD symptoms as well.</li></ul>
<b>WHEN TO REFER</b>	<ul style="list-style-type: none"><li>• Children with significant night time anxiety or symptoms of obstructive sleep apnea require assistance from behavioral health, sleep lab, or ENT.</li><li>• Most other children are manageable by primary care providers, but may be referred to the Baystate Developmental and Behavioral Pediatrics clinic.</li></ul>
<b>HOW TO REFER</b>	<ul style="list-style-type: none"><li>• (413) 794-KIDS</li></ul>
<b>WHAT TO EXPECT FROM BAYSTATE CHILDREN’S HOSPITAL VISIT</b>	<ul style="list-style-type: none"><li>• A broad assessment of ADHD, sleep and comorbidities will be performed</li><li>• We will work with the family for about six months to develop a management plan and then return your patient to you for ongoing care.</li></ul>

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