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Is ADHD Interfering with Your Sleep?

Are you getting enough sleep? If you or your child has ADHD, chances are you're not. Sleep problems, especially difficulties with falling asleep and staying asleep, have been reported in 55 percent of children with ADHD and 80 percent of adults with ADHD. The relationship between ADHD and sleep is complex and, despite much research, is imperfectly understood.



Nevertheless, practicing good sleep habits can improve the quality of your sleep as well as your ADHD symptoms. [Keep reading for helpful strategies.](#)



Smells good to me: What about Aromatherapy?

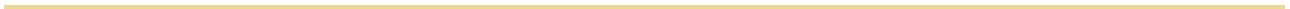
Have you read about using essential oils for ADHD? As more people become acquainted with these aromatic compounds from flowers and plants, various websites and blogs are connecting their use to alleviating ADHD symptoms. But do essential oils actually help with ADHD symptoms?

We put it to the sniff test, drawing on research related to aromatherapy and health. [Keep reading to learn more and see our conclusions.](#)

Do Artificial Food Colors Cause ADHD Symptoms?

Q: My daughter was just diagnosed with ADHD. Should I keep her from foods that have artificial food coloring or preservatives? Is there any research that backs this up?

A: Most people don't need to avoid artificial food colorings or preservatives, but research shows that some children do benefit from eliminating these ingredients, especially if they have an ADHD diagnosis. [Keep reading for research about artificial colors and children's behavior.](#)





CHADD's Young Scientist Award Applications Now Open

Are you involved in ADHD research and in the process of completing a doctoral degree, or did you just receive your degree? CHADD is again offering the Young Scientist Award to researchers in ADHD-related fields.

This prestigious award includes a cash award, travel to the 2017 Annual

International Conference on ADHD and publicity for your research. [Keep reading for information and how to apply.](#)

ADHD *in the News*

- A genetic lead in ADHD
- Memantine could amplify effect of stimulant for adult ADHD
- Five ways to be a better parent to your child with ADHD
- Biological, genetic and environmental causes of Oppositional Defiant Disorder

Read these and other articles in the [ADHD in the News weekly digest.](#)

Did You Know?

A BBC documentary is focusing on neuro-diverse individuals seeking employment. Optomen Productions is seeking adults affected by ADHD to participate in the documentary [Employable Me](#). The series follows a group of people with neurological conditions or disabilities as they seek employment and turn their disabilities into workplace strengths. Interested in learning more about how to be considered for this television documentary? Contact Liz.Alderman@OptomenUSA.com for more information.

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