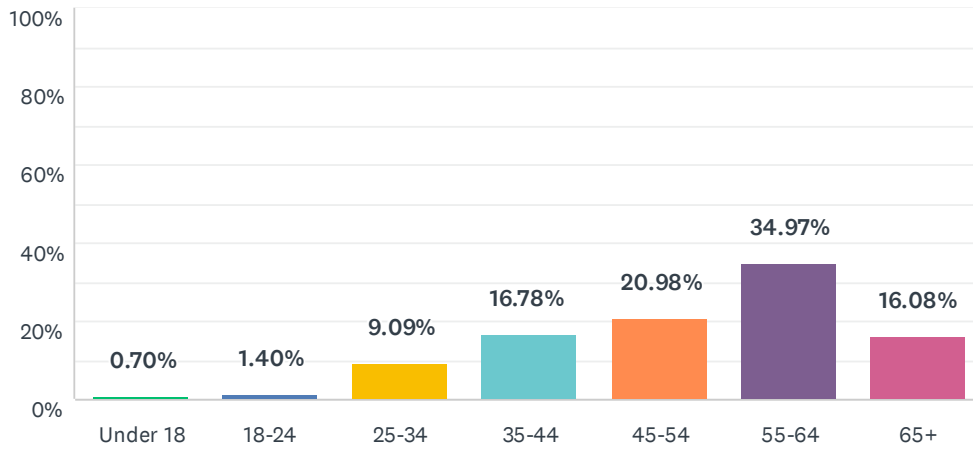


Q1 Please select your age range

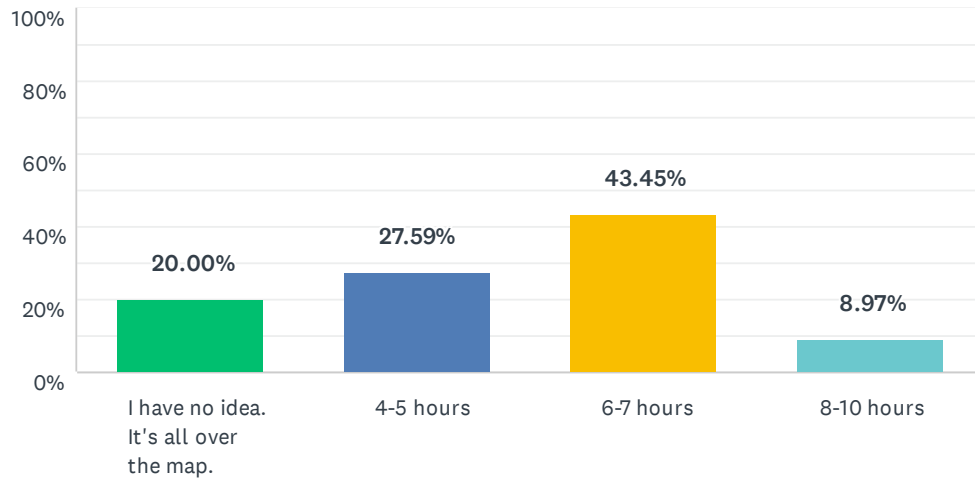
Answered: 143 Skipped: 2



ANSWER CHOICES	RESPONSES
Under 18	0.70% 1
18-24	1.40% 2
25-34	9.09% 13
35-44	16.78% 24
45-54	20.98% 30
55-64	34.97% 50
65+	16.08% 23
TOTAL	143

Q2 How many hours of sleep do you get nightly—on a regular basis?

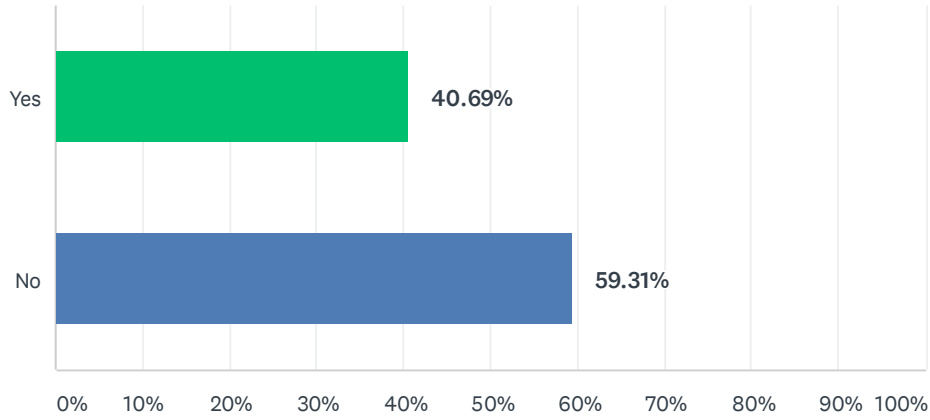
Answered: 145 Skipped: 0



ANSWER CHOICES	RESPONSES	
I have no idea. It's all over the map.	20.00%	29
4-5 hours	27.59%	40
6-7 hours	43.45%	63
8-10 hours	8.97%	13
TOTAL		145

Q3 Have you been diagnosed with (or strongly suspect) a sleep disorder?

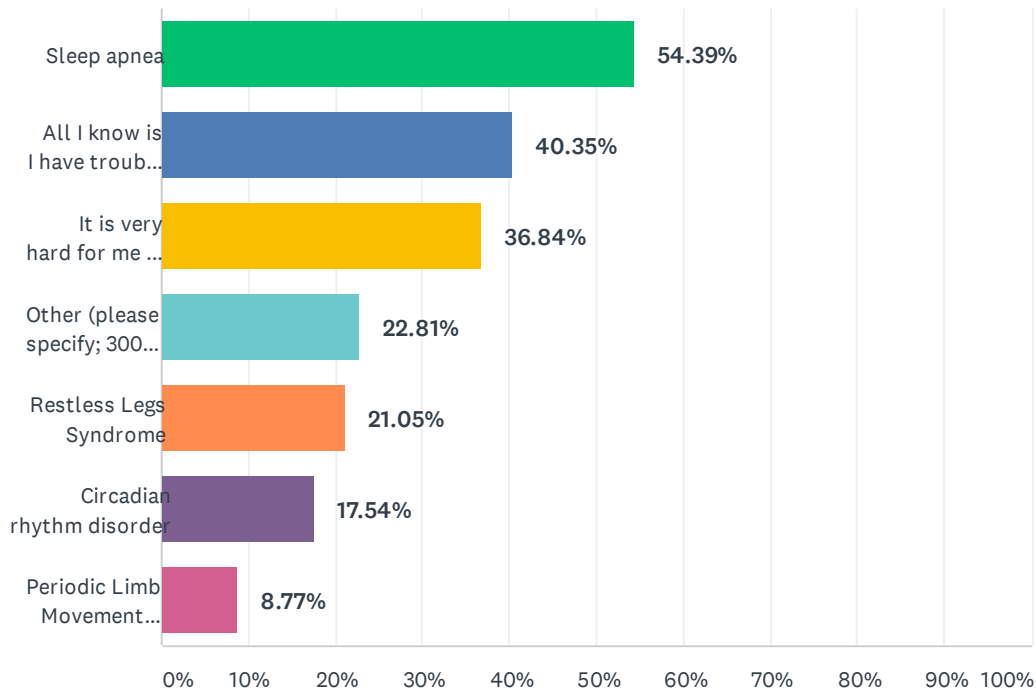
Answered: 145 Skipped: 0



ANSWER CHOICES	RESPONSES	
Yes	40.69%	59
No	59.31%	86
TOTAL		145

Q4 What type of sleep disorder was diagnosed (or suspected)? Check all that apply.

Answered: 57 Skipped: 88



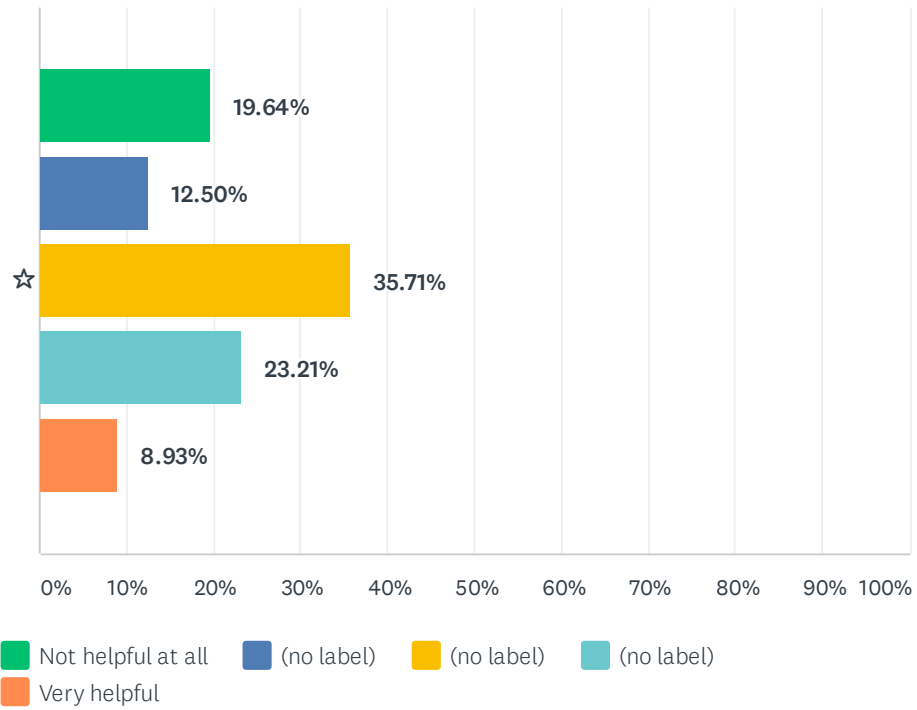
ANSWER CHOICES	RESPONSES	
Sleep apnea	54.39%	31
All I know is I have trouble falling asleep and staying asleep—can't shut down my brain	40.35%	23
It is very hard for me to awaken in the morning	36.84%	21
Other (please specify; 300 character limit)	22.81%	13
Restless Legs Syndrome	21.05%	12
Circadian rhythm disorder	17.54%	10
Periodic Limb Movement Disorder	8.77%	5
Total Respondents: 57		

ADHD and Sleep Survey

#	OTHER (PLEASE SPECIFY; 300 CHARACTER LIMIT)	DATE
1	Hypoxia so on oxygen	6/9/2020 8:21 PM
2	They say genetic or chemical imbalance	6/8/2020 5:01 PM
3	Sleep study results say only one REM episode lasting 3-4 minutes REM (four episodes are normal)	2/25/2020 7:13 AM
4	I was simply told I have a sleeping disorder	11/13/2019 5:39 PM
5	Hypersomnia	9/26/2019 8:00 PM
6	Waking up after 3-4 hours of sleep and not being able to fall asleep again.	9/25/2019 4:27 PM
7	Sleep disorder with fibromyalgia	9/18/2019 4:40 PM
8	Life-long Insomnia might be due to Upper Airway Resistance Syndrome	9/17/2019 8:38 PM
9	low oxygen levels during sleep. only a few short apnea episodes. Oral appliance solved it!!	9/17/2019 4:29 PM
10	I can't function reasonably well until an hour and a half after I get up. In the late evening, I am at my peak and don't want to stop.	9/17/2019 4:02 PM
11	I have not been officially diagnosed but I suspect a Circadian Rhythm Disorder, complicated by medications for GAD/Depression and now ADHD. I do track my sleep very closely and it seems nearly impossible for me to get a consistent amount of sleep in a 24 hour period. Insomnia also seems to be triggered around the fall / spring equinox, increases a bit around winter solstice and gets much better around summer solstice.	9/17/2019 8:39 AM
12	Originally disrupted by pain as sleep disorder/disruption. Less pain, but now trouble falling asleep.	9/17/2019 7:50 AM
13	i need too medicate myself to stay asleep, otherwise my brain keeps thinking about things, even songs sticking in my head.	9/17/2019 7:49 AM

Q5 Has your medical care been helpful in resolving the issue(s)?

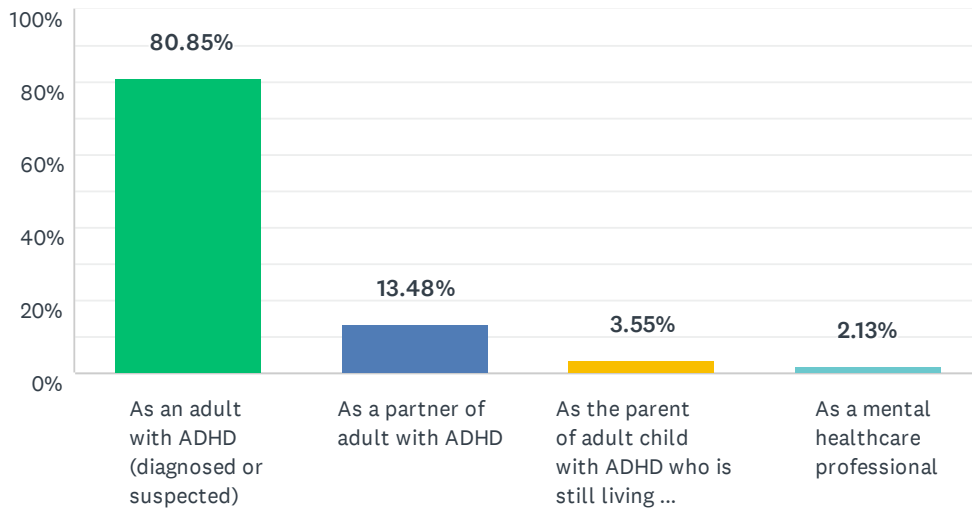
Answered: 56 Skipped: 89



	NOT HELPFUL AT ALL	(NO LABEL)	(NO LABEL)	(NO LABEL)	VERY HELPFUL	TOTAL	WEIGHTED AVERAGE
☆	19.64%	12.50%	35.71%	23.21%	8.93%	56	2.89
	11	7	20	13	5		

Q6 Which best describes your interest in ADHD-related sleep education and support right now?

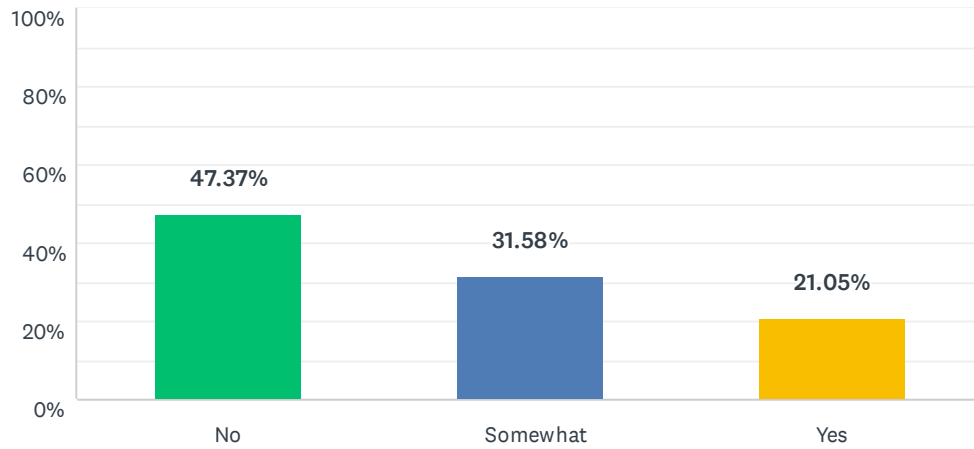
Answered: 141 Skipped: 4



ANSWER CHOICES	RESPONSES	
As an adult with ADHD (diagnosed or suspected)	80.85%	114
As a partner of adult with ADHD	13.48%	19
As the parent of adult child with ADHD who is still living at home (or you are trying to help)	3.55%	5
As a mental healthcare professional	2.13%	3
TOTAL		141

Q7 Are you satisfied with your sleep duration and quality?

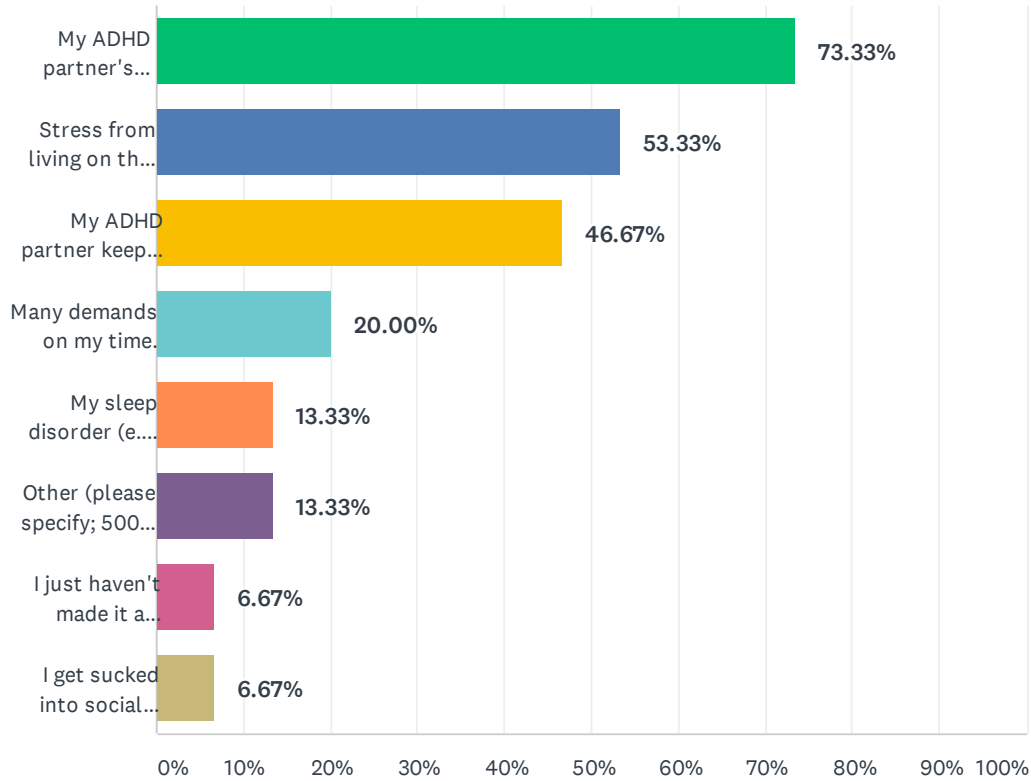
Answered: 19 Skipped: 126



ANSWER CHOICES	RESPONSES
No	47.37% 9
Somewhat	31.58% 6
Yes	21.05% 4
TOTAL	19

Q8 What factors contribute to your poor sleep? Check all that apply.

Answered: 15 Skipped: 130

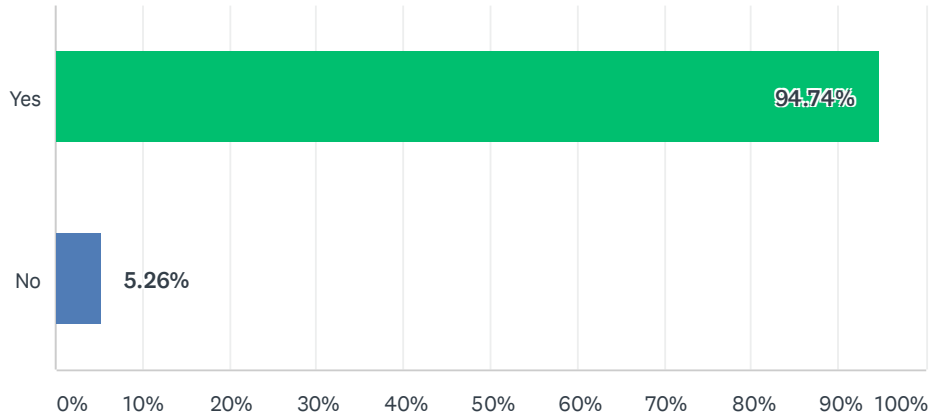


ANSWER CHOICES	RESPONSES	
My ADHD partner's nighttime behavior (kicking, snoring, etc.).	73.33%	11
Stress from living on the ADHD Roller Coaster.	53.33%	8
My ADHD partner keeping erratic hours and awakening me when he or she come to bed.	46.67%	7
Many demands on my time.	20.00%	3
My sleep disorder (e.g. sleep apnea, Restless Legs Syndrome, etc.)	13.33%	2
Other (please specify; 500 character limit)	13.33%	2
I just haven't made it a priority.	6.67%	1
I get sucked into social media or video streaming	6.67%	1
Total Respondents: 15		

#	OTHER (PLEASE SPECIFY; 500 CHARACTER LIMIT)	DATE
1	noisy airconditioners - live in the desert	9/29/2019 4:55 AM
2	I have insomnia	9/23/2019 7:00 PM

Q9 Are you concerned about your ADHD partner's sleep quality/duration and sleep habits?

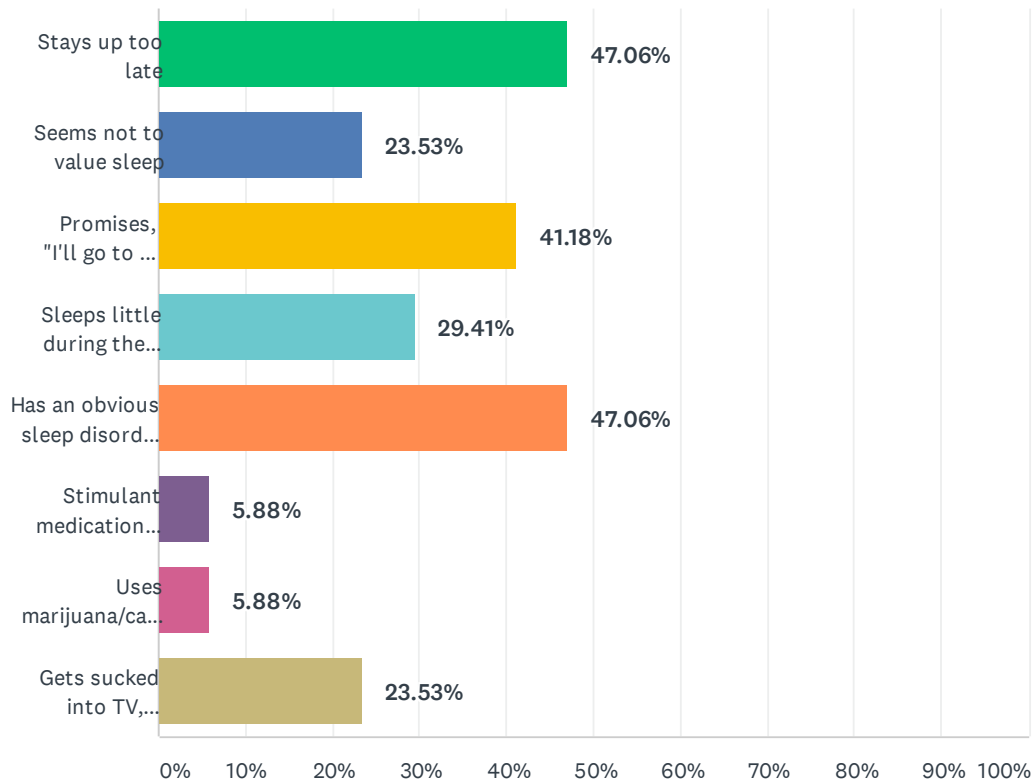
Answered: 19 Skipped: 126



ANSWER CHOICES	RESPONSES	
Yes	94.74%	18
No	5.26%	1
TOTAL		19

Q10 What are your chief concerns regarding your ADHD Partner's sleep patterns?

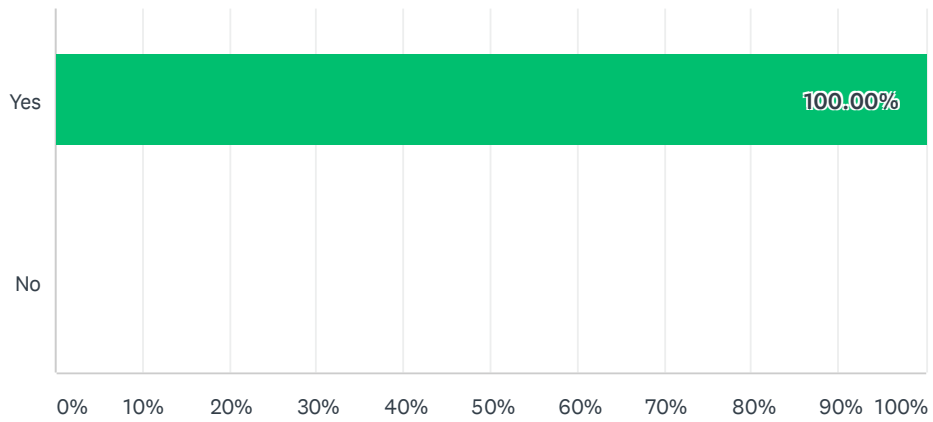
Answered: 17 Skipped: 128



ANSWER CHOICES	RESPONSES	
Stays up too late	47.06%	8
Seems not to value sleep	23.53%	4
Promises, "I'll go to bed in 5 minutes"—which turns into hours	41.18%	7
Sleeps little during the week; tries to make up on weekend, creating problem for family and/or our relationship	29.41%	5
Has an obvious sleep disorder but won't see a doctor (e.g. sleep apnea, heavy snoring, Restless Legs Syndrome, etc.)	47.06%	8
Stimulant medication seems to interfere with sleep—and the prescriber has no suggestions	5.88%	1
Uses marijuana/cannabis to get to sleep	5.88%	1
Gets sucked into TV, videogaming, or other electronic distractions	23.53%	4
Total Respondents: 17		

Q11 Are you concerned about the sleep quality/duration and habits of your adult child with ADHD?

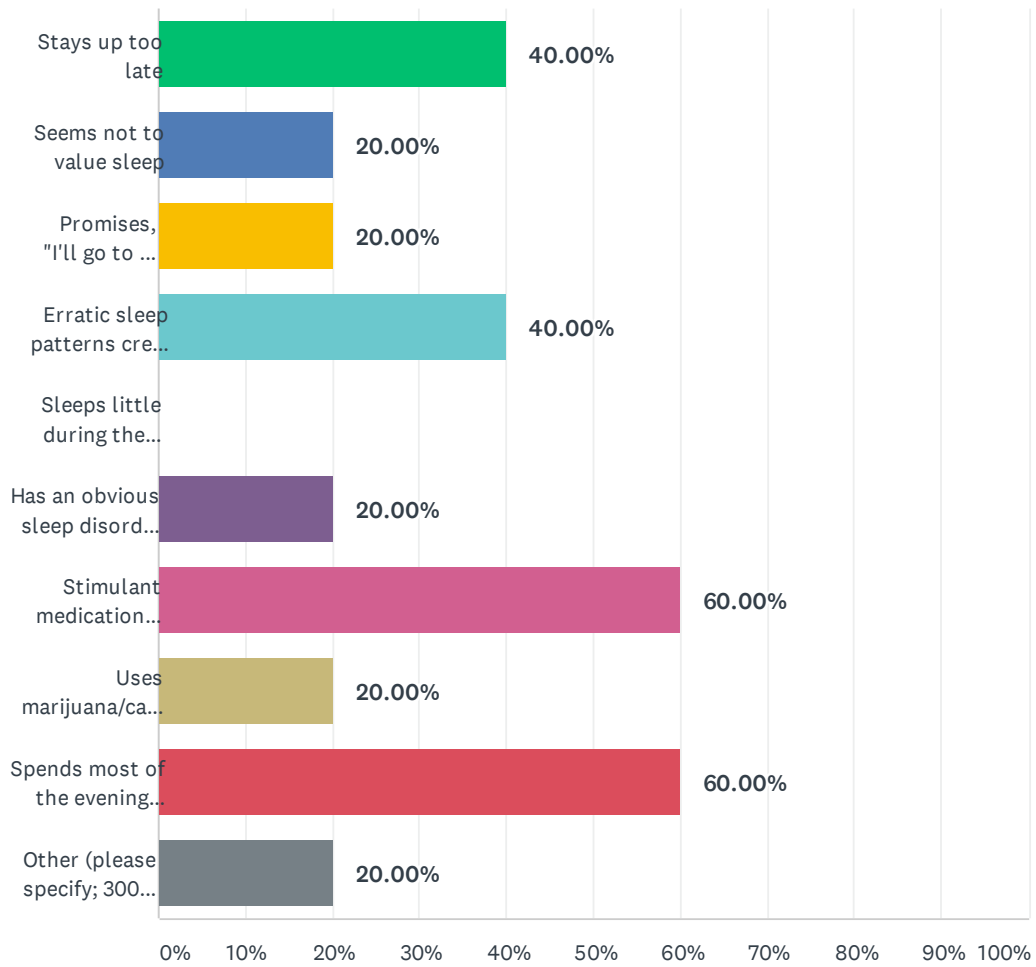
Answered: 5 Skipped: 140



ANSWER CHOICES	RESPONSES	
Yes	100.00%	5
No	0.00%	0
TOTAL		5

Q12 What are your chief concerns regarding your adult child's sleep patterns?

Answered: 5 Skipped: 140



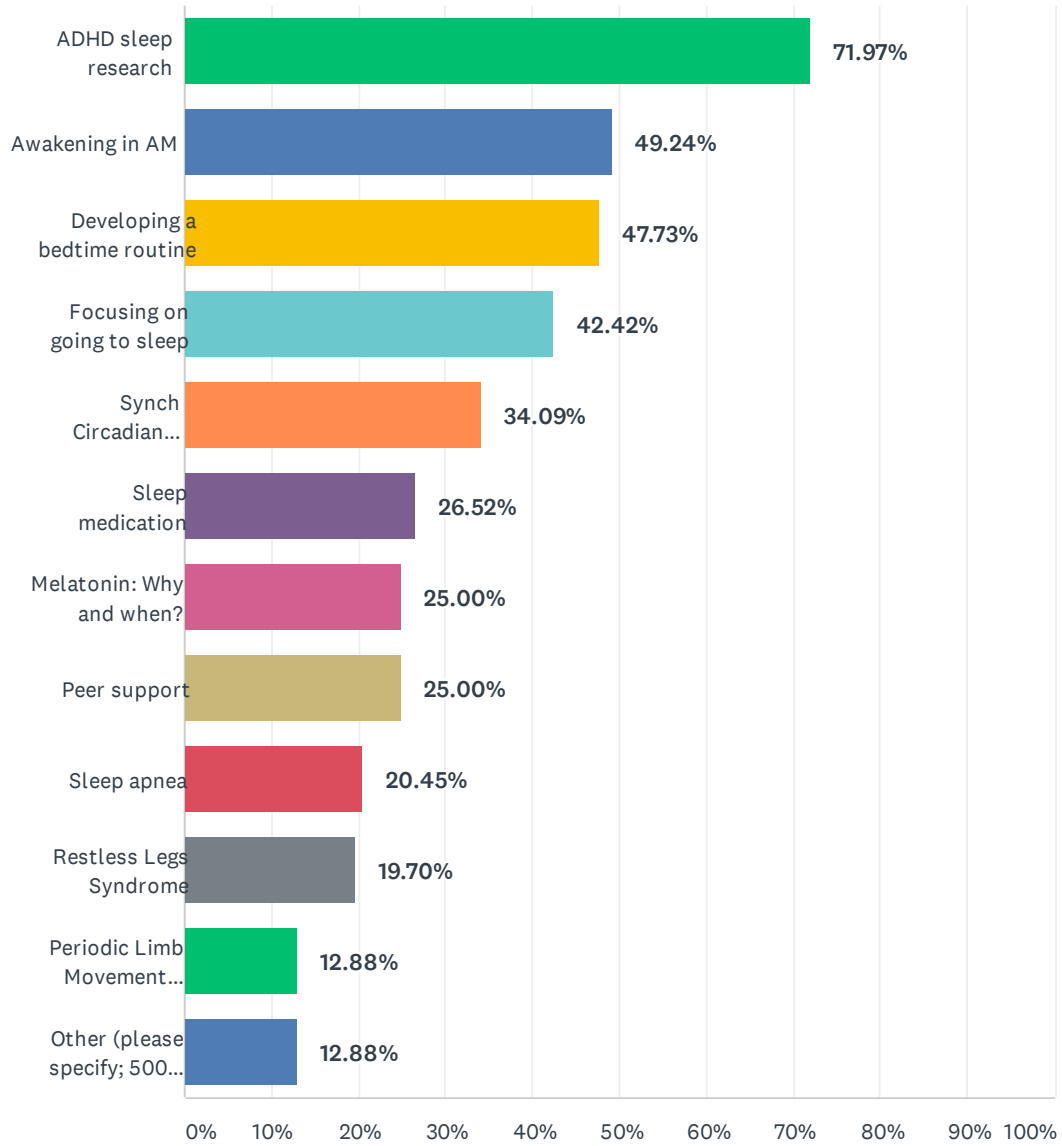
ADHD and Sleep Survey

ANSWER CHOICES	RESPONSES
Stays up too late	40.00% 2
Seems not to value sleep	20.00% 1
Promises, "I'll go to bed in 5 minutes"—which turns into hours	20.00% 1
Erratic sleep patterns create obstacles to employment	40.00% 2
Sleeps little during the week; tries to make up on weekend but that does not help	0.00% 0
Has an obvious sleep disorder but won't see a doctor (e.g. sleep apnea, heavy snoring, Restless Legs Syndrome, etc.)	20.00% 1
Stimulant medication seems to interfere with sleep—and the prescriber has no suggestions	60.00% 3
Uses marijuana/cannabis to get to sleep	20.00% 1
Spends most of the evening watching TV, videogaming, or viewing other electronic screens	60.00% 3
Other (please specify; 300 character limit)	20.00% 1
Total Respondents: 5	

#	OTHER (PLEASE SPECIFY; 300 CHARACTER LIMIT)	DATE
1	Can't get up in the morning	9/26/2019 12:02 PM

Q13 Which sleep topics interest you? Check all that apply.

Answered: 132 Skipped: 13



ADHD and Sleep Survey

ANSWER CHOICES	RESPONSES	
ADHD sleep research	71.97%	95
Awakening in AM	49.24%	65
Developing a bedtime routine	47.73%	63
Focusing on going to sleep	42.42%	56
Synch Circadian Rhythm	34.09%	45
Sleep medication	26.52%	35
Melatonin: Why and when?	25.00%	33
Peer support	25.00%	33
Sleep apnea	20.45%	27
Restless Legs Syndrome	19.70%	26
Periodic Limb Movement Disorder	12.88%	17
Other (please specify; 500 character limit)	12.88%	17
Total Respondents: 132		

ADHD and Sleep Survey

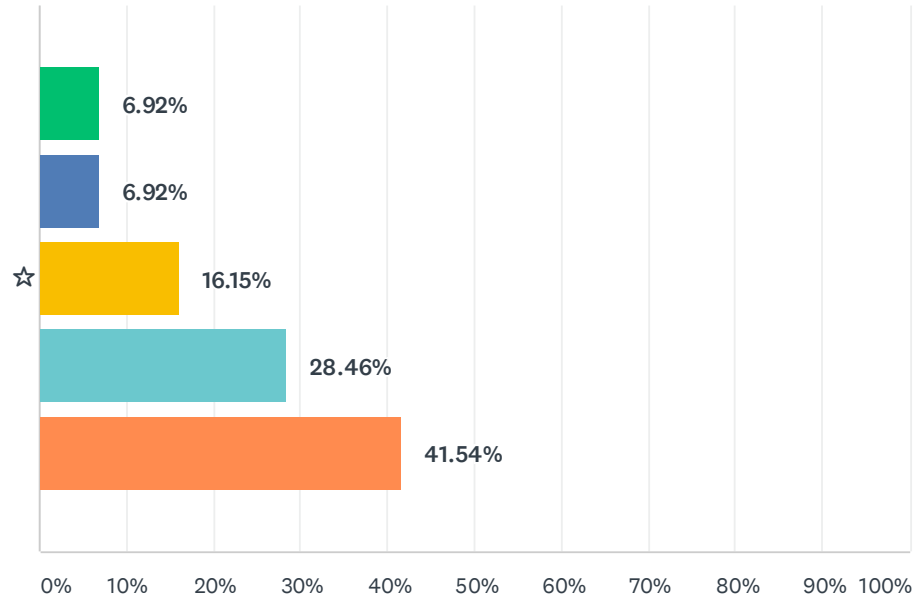
#	OTHER (PLEASE SPECIFY; 500 CHARACTER LIMIT)	DATE
1	Sometimes I doze off at the computer at night. Then I "wake" up and get food, and start a second day. These bedtimes usually end up being between 4:00 and 8:00 am.	6/16/2020 8:45 PM
2	How to stop a racing mind,the urge to have to move and calm my stomach and heart. I believe all but the urge to move stem from my mind racing.	6/8/2020 5:05 PM
3	Waking in middle of night. Not being able to "turn off the brain."	12/3/2019 9:46 AM
4	Have a 10 years old boy with High Functioning Autism and ADHD inattentive type since he was 3.5 year old. My husband has all of the same symptoms but he was never diagnosed nor does he admits to these symptoms. I used to be a very organized and very efficient person all my life. I never experienced sleep problems until the past few years. It looks like the old age is creeping up on me or I'm just worn-down by all that I have to do and have to remember to do for all three of us at the same time (myself, my husband, and our son). All that you have described above about being behind with everything, disorganized, always working hard but my plate remains full and my to do list is ever growing. I seem to be at war with everyone all the time. I'm just affair that I may be at war with myself as well. Could it be me who has these conditions and I'm blaming my husband for it? It could be even worse, both my husband and I have these conditions and I just realize it now as I'm studying and researching my son's conditions and looking for ways to help him. It looks like I need to be putting the oxygen mask on myself first.	11/30/2019 7:04 PM
5	Occasionally I fall asleep in the middle of reading (online or book), sometimes in the afternoon when I'm usually awake. The CPAP and less stress are helpful, but I still have issues. I once fell asleep during a robot fighting competition, with rock music blaring, sitting on a bleacher with no back!	10/1/2019 8:16 PM
6	MIDDLE OF NIGHT AWAKENING	9/28/2019 5:56 AM
7	sleeping all night, remaining in bed all night	9/26/2019 5:54 PM
8	Learning how to get back to sleep when I wake duringng the night.	9/23/2019 12:17 PM
9	None	9/18/2019 1:49 AM
10	Organizing myself better during the day so I don't have to stay up late getting all the To-Do's off my list as a mother of 3 teens, music teacher and full time post-bac student.	9/17/2019 11:50 PM
11	How many ADHDers have trouble getting to sleep due to "racing pinball ADHD mind" which keeps going when everything is quiet? How many are prescribed a small IR tablet of their usual morning ADHD med to help them fall asleep? If med helps calm the mind down in the morning it will at night too :)	9/17/2019 4:33 PM
12	I get to sleep just fine. Sometimes (not every night, but 2 or 3 times/week) I wake up after sleeping for 3 to 4 hours, am awake for about 2 hours, and then fall back asleep for another 3 hours and have a lot of difficulty getting started with my day. This has been a pattern since puberty. Thought maybe menopause might change things but that hasn't seemed to be the case. This pattern is independent of amount of exercise, diet, stress levels or bedtime. It may be genetic because my father had the same sleep pattern. (He was never diagnosed, but I'm positive he had ADHD that was pretty intense. Most of my birth family has it, although not all of us have been formally diagnosed. I know they all have sleep issues, but they don't seem to have that awake for 2 hours gap like I do.	9/17/2019 1:35 PM
13	Going back to sleep after awakening in the night.	9/17/2019 11:22 AM
14	getting my ass to bed at an earlier time. I chose 6-7 hours on the question of sleep but some weeknights it might be 5-6 hours of sleep....my psychiatrist & psychologist want me to get min 7-8.....	9/17/2019 11:01 AM
15	Your article hit the nail on the head. I have my sleep medication in my evening vitamin container. I fill that container faithfully every week. But I will then purposely delay taking it because I don't want to get sleepy! I frustrate my own plans of early bedtime/better morning	9/17/2019 9:19 AM
16	I'm 59 years old and have a lifetime of being up to 1 am or later - this bedtime does not serve me and I'm often late to work. I have tried off and on to get a grip on my sleep, but nothing has worked. I don't know how to sort out what is wrong. Do I need a bedtime routine? Is is my	9/17/2019 7:47 AM

circadian rhythm? Would medication help? Where do I start to sort this out? What is the path to getting a handle on this.

17	Partner is exhausted and goes to bed at 9pm and sets alarm for 4am	9/17/2019 7:19 AM
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Q14 Please indicate your interest in ADHD-related sleep issues— understanding and resolving. (The course would be video-based, self-paced, and include a discussion forum. Open 24-7.)

Answered: 130 Skipped: 15



■ Not interested at all
 ■ (no label)
 ■ (no label)
 ■ (no label)
 ■ Very interested

	NOT INTERESTED AT ALL	(NO LABEL)	(NO LABEL)	(NO LABEL)	VERY INTERESTED	TOTAL	WEIGHTED AVERAGE
☆	6.92% 9	6.92% 9	16.15% 21	28.46% 37	41.54% 54	130	3.91