

ADHD-FRIENDLY SLEEP RESET *Workbook*



A simple checklist to support your brain, not fight it



Hi, my name
is Sarah



I help ambitious women with ADHD understand their brain so they can succeed at work without burnout, overwhelm, or relying on last-minute pressure.

For a long time, I thought my ADHD was something I just had to “push through.” Some days I could focus. Other days, everything felt harder. It felt inconsistent. Unpredictable. Frustrating.

So I told myself I needed more discipline. More structure. More effort.

But what I didn’t realise was this: it wasn’t just my ADHD.

It was how unsupported my brain and body were – especially when it came to sleep.

When my sleep was off:

- **My focus disappeared**
- **My emotions felt harder to regulate**
- **Simple tasks felt overwhelming**
- **Everything took more effort**

The shift came when I started understanding ADHD differently.

Not just as a focus issue – but as something that affects my nervous system, energy, and body clock.

And sleep became one of the most important levers.

This checklist is designed to help you start supporting your sleep in a way that actually works with your ADHD.

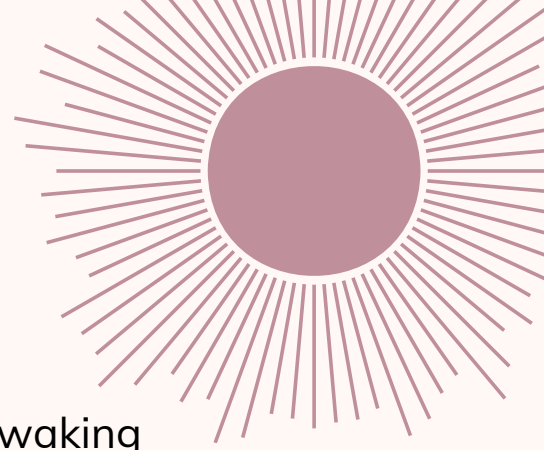
Not perfectly.

Not rigidly.

But consistently enough to make a difference.



MORNING — SET YOUR BODY CLOCK



- Get natural light within 30–60 minutes of waking
- Step outside (even 5–10 minutes helps)
- Avoid staying in dim lighting all morning
- Move your body gently (walk, stretch, light exercise)
- Eat protein within 1–2 hours of waking
- Keep wake-up time roughly consistent (± 30 –60 mins)

Micro insight

This strengthens your “wake signal” so your brain knows when to wind down later.

DURING THE DAY — BUILD SLEEP PRESSURE

- Get daylight exposure throughout the day
- Avoid long naps (or keep under 20–30 mins)
- Move your body (especially earlier in the day)
- Avoid caffeine after early afternoon
- Don't rely on “waiting to feel tired” – ADHD delays this signal

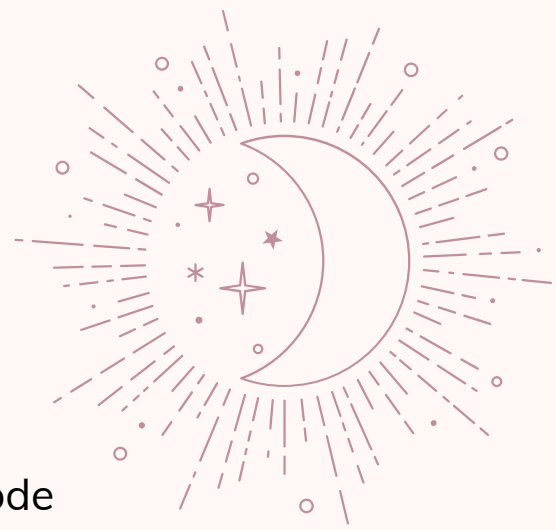
Micro insight

ADHD brains often don't feel tired at the “right” time – structure helps bridge that gap.



EVENING –

SIGNAL SAFETY & SLOW DOWN



- Dim lights 1–2 hours before bed
- Reduce screen brightness / use night mode
- Create a simple wind-down ritual (repeatable = key)
- Do low-stimulation activities (music, reading, journaling)
- Avoid intense conversations or work late at night

Micro insight

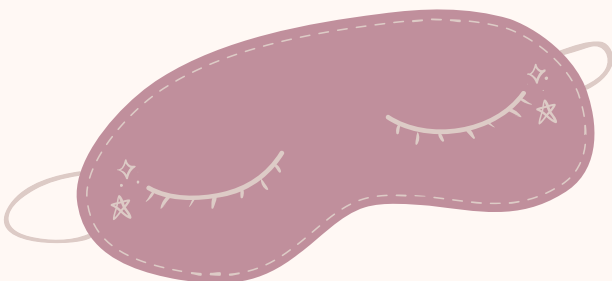
Your brain needs cues that the day is ending – not more stimulation.

YOUR ENVIRONMENT MATTERS MORE THAN YOU THINK

- Keep your room cool and dark
- Reduce noise or use consistent background sound
- Make your bed feel safe + comfortable
- Keep lighting low if you wake up in the night

Micro insight

ADHD increases sensitivity – your environment can either calm or activate your system.

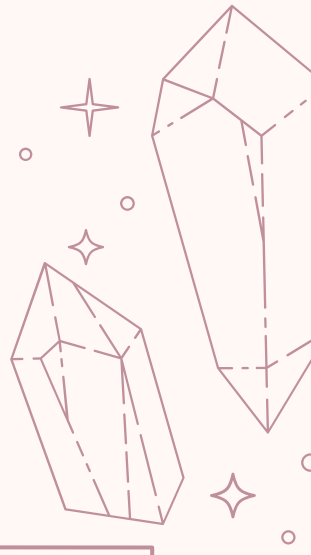


CONSISTENCY > PERFECTION

- Aim for a consistent sleep + wake window
- Don't chase the "perfect" routine – keep it repeatable
- If you have a bad night, avoid overcorrecting
- Focus on rhythm, not rigid rules

Micro insight

Your brain thrives on patterns, not pressure.



IMPORTANT REMINDER

If sleep feels hard, it's not a personal failure.
ADHD affects your body clock, energy, and regulation.
This isn't about discipline.
It's about support.

SMALL SHIFTS, BIG IMPACT

Small shifts in sleep = big shifts in focus, mood, and capacity.
Start simple. Stay consistent.
Work with your brain.



READY TO UNDERSTAND WHAT'S ACTUALLY DRIVING YOUR ADHD?

If this resonated, the next step isn't to try harder – it's to understand what you specifically need. Because ADHD doesn't show up the same way for everyone.

And the real shift comes from understanding your patterns, your energy, and your nervous system. Interested to find out what that would look like?

In a clarity call, we'll look at:

- What's currently making things feel harder
- Where your energy and focus are being impacted
- What might be amplifying your symptoms
- What small shifts could make the biggest difference

This is a space to understand your brain better – not to judge it.

Book a free clarity call



There's no obligation and no pressure – just a calm, supportive conversation to help you gain clarity and take your next step with confidence.

I look forward to speaking with you!

Sarah x