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Non-Medication Treatments for ADHD

- Stimulant medication is still the most effective form of treatment for ADHD, according to research.

- These non-medication treatments showed efficacy in research studies:
 - Exercise
 - Mindfulness Meditation
 - Omega 3-6-9
 - Good Sleep Habits
 - Cognitive-Behavioral Therapy

- Good sleep habits include:
 - Shutting off backlit devices at least an hour before bed
 - Completely dark room
 - Bed used only for sleeping and sex
 - Comfortable temperature (around 68 degrees)
 - Extra blanket on bed (a study found that people with ADHD tend to be colder at night than people without ADHD)
 - Same bed and wake time, even on weekends
 - Unwind activity one hour before bed
 - Background sound to block out extraneous noise
 - Get a sleep study to rule out sleep apnea and other sleep disorders