

ADHD

Easily bored
Hyperfocus
Hypercritical of
themselves
Difficulty managing
finances
Messy/clutter

Inattention
Forgetfulness
Indecision
Peacekeeping
Lack of concentration
Restlessness
Mood swings
Impulsivity
Irritability
Quick temper
Stress intolerant
Impatience
Risky behaviours
Difficulty making decisions
Misplacing things
Anxiety
Depression
Procrastination
Lack of motivation
Fatigue
Difficulty completing tasks
Substance abuse
Career difficulties
Learning challenges
Emotional dysregulation

Sleep Loss

Decreased immunity
Slowed reaction time
Increased hunger
Increased blood
pressure
Uncoordinated



SLEEP WORKS

www.Sleep-Works.com