

## BED SHARING

**It may be that your sleep difficulties also lead to relationship issues. Sleep deprivation can make us more irritable and reduce our sex drive – not a great combination!**

**Here are some tips to try:**

- If you have ADHD you are likely to be a night owl. This means you prefer to stay up late. Your partner's sleep needs may be different to yours. They may prefer to go to bed early. Recognising that this is something you can't change is important. Try talking to each other about what sleep times work best for each of you. Accept each other's differences.
- It may be that you disturb your partner's sleep. Consider whether you could sleep in a different room. Instead go to bed later when you are more easily able to nod off.
- If one of you is snoring it could be a sign of Obstructive Sleep Apnoea (OSA). Check out our advice sheet for more information. It is more common in those with ADHD.
- You may have strong sensory needs when it comes to sleep. For example, you may need complete darkness. This may not align with your partner's needs who may not like complete darkness. Talking about your differences and your sleep needs will help you to find tips to manage these better. For example, an eye mask could be helpful in this situation.

For more information and advice, visit The Sleep Charity at [thesleepcharity.org.uk](https://thesleepcharity.org.uk) or contact us on [info@thesleepcharity.org.uk](mailto:info@thesleepcharity.org.uk)