the Sleep Charity

ADVICE SHEET

Bed sharing

Making Sleep Easier Together

Sometimes sleep problems can cause tension in a relationship. Feeling tired can make anyone grumpy and less patient.

Here are some tips to try

Different sleep times

People with ADHD are often **"night owls,"** meaning they like to stay up late. Your partner might prefer going to bed earlier. These differences are normal. Talk together about what bedtime works best for each of you and try to **respect each other's routines**

If you disturb each other's sleep

You might be waking your partner without realising it. If this causes problems, think about **sleeping in separate** rooms sometimes or going to bed later when you're more likely to fall asleep quickly

Snoring and breathing issues

If either of you snores loudly, it could be a sign of **Obstructive Sleep Apnoea (OSA).** People with ADHD can have OSA more often. It may help to look at an advice sheet or speak to a healthcare professional

Different sensory needs

You might need total darkness to sleep, while your partner prefers a little light. This is very common. Talking about what each of you needs can help you find **simple fixes.** For example, you could use an eye mask if you like the dark and your partner does not

the national sleep helpline **03303 530 541**

For more information visit
thesleepcharity.org.uk