

Soundbite Script – Good sleep for children with ADHD: How to make that a reality

Kristin Mock, MD, family practice physician, OSF HealthCare

"If your child has ADHD, there is a high likelihood they have comorbid sleep dysfunction and mental health dysfunction. We need to treat the whole of the child and make sure that we've looked at all of those reasons that people can have concentration deficits and treat all of that to give them the best potential." (:22)

Kristin Mock, MD, family practice physician, OSF HealthCare

"So, when the brain is tired, it tries to find ways to get it to stay awake. It will go from one task to the next. It will jump from here to there. It will stutter and sometimes forget things. Children will get very fidgety to keep their brain awake. So, while your brain is trying to just get through to the next time it gets to sleep, it makes you not as effective." (:26)

Kristin Mock, MD, family practice physician, OSF HealthCare

"Then it's our job to figure out why. What's really going on? Are they tired or are they just a little differently wired?" (:09)

Kristin Mock, MD, family practice physician, OSF HealthCare

"Parents need to pay attention to their children's sleep. Physicians are often worried about finding the big diagnosis, and they may not realize that the child is not sleeping well. And so, parents need to be able to tell their doctor. Hey, I'm concerned about the way my child is sleeping, or my child is snoring. Can we do more?" (:24)