



Cyprus
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Technology

Faculty of Health Science

Master's Thesis

**The impact of Sleep Hygiene in school-age children with
ADHD**

Ioanna Koulafa

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CYPRUS UNIVERSITY OF TECHNOLOGY

FACULTY of Health Science

DEPARTMENT of Rehabilitation Science

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Approval Form

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Presented by

Ioanna Koulafa

Supervisor: Dr Nikos Konstantinou

Signature _____

Member of the committee: Name Surname and position

Signature _____

Member of the committee: Name Surname and position

Signature _____

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ABSTRACT

Children with Attention Deficit/Hyperactivity disorder (ADHD) are experiencing sleeping difficulties. Sleep hygiene is defined as a set of behavioral, environmental, or cognitive modifications to improve sleep. This systematic review aimed to investigate the effectiveness of sleep hygiene in treating sleep difficulties in school-age children with ADHD. Several relevant articles with total 2,016 participants across 5 countries. All the studies found that sleep hygiene practice is an effective measure for treating sleep disturbances and improving the sleep and daily quality of life in children with ADHD. However, further research is needed to strengthen the evidence.

Keywords: ADHD, sleep hygiene, behavioral intervention, sleep difficulties