

# The sleepiness curve of young men with and without Attention Deficit Hyperactivity Disorder (ADHD)

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## Abstract

**Objective:** The present study aimed at comparing the sleepiness curve of young men with ADHD to that of young men without ADHD before, during and after a night of sleep deprivation.

**Method:** quality of participants with ADHD (n=14) and The sleep without ADHD (n=16) was monitored for 5 days via actigraphy. Subsequently, the participants were kept continuously awake in a controlled environment for 25 as assessed every hourPM). The sleepiness of the participants w 9-hours (8 AM by the Karolinska Sleepiness Scale (KSS) in order to obtain the sleepiness curve of both study groups.

**Results:** Actigraphy data demonstrated that the sleep efficiency of the participants with ADHD was poorer than hout ADHD. Duringthat of those wit the experimental session, the ADHD group demonstrated greater sleepiness, with PM) and 5-the difference reaching significance during the afternoon (1 PM following 2 PM.

**Conclusion:** rYoung men with ADHD suffer from sleepiness more than thei counterparts from the general population, and are particularly vulnerable to the effects of sleep deprivation on sleepiness. As excessive daytime sleepiness negatively affects cognition and increases the risk for motor vehicle crash and other these findings should be taken into account when forming ADHD ,accidents intervention guidelines.