

ADHD After Dark: Strategies for Better Sleep

January 29, 2026

1:30-3:00pm MT

This talk will explain why people with ADHD often have trouble sleeping and how this can affect their daily lives. You'll learn what causes these sleep problems and easy ways to spot them. We'll also share helpful tips and real examples to show how better sleep can make a big difference.

****Please note that this session will not be recorded or uploaded to our website.**

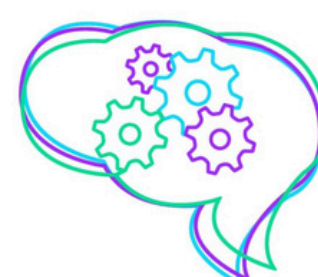


Learning Outcomes:

- ADHD can make it harder to fall asleep and stay asleep, which affects how people feel and function during the day
- Understanding the reasons behind sleep problems in ADHD helps in finding the right ways to improve sleep
- There are practical strategies and treatments that can help people with ADHD get better, more restful sleep

Speakers:

Nadia Proano, Registered Psychologist and the Owner of Well Workshop Ltd. She has been helping children, youth, adults, and their families navigate life's various obstacles over the past 15+ years. Over this time, she has developed a keen interest in ADHD and common issues that co-occur with ADHD, such as Sleep difficulties and Anxiety.



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Target Audience: Parents & Caregivers of children/teens with ADHD; Teachers & School Staff; Healthcare Providers & Therapists; Adults with ADHD; Anyone interested in learning more!

Please register for session at:
<https://fntn.ca/Home/Registrar-VC?eid=22319>

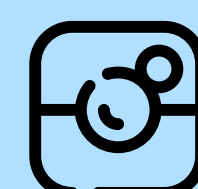
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