



Centre Montréalais pour
les troubles d'apprentissage

Montréal Centre for
Learning Disabilities

P.O. Box 163, Succ. N.D.G., Montreal, Quebec, H4A 3P5, Tel.: (514) 482-7196, montrealcentre4ld@gmail.com

*** PUBLIC MEETING * CONFÉRENCE PUBLIQUE ***

LECTURE:

The Importance of Sleep for Youth with ADHD

(Présentation en anglais)

L'importance du sommeil chez les jeunes atteints avec TDAH

Speaker: Dr. Reut Gruber is a clinical child psychologist at the Douglas Hospital, a researcher at the Douglas Hospital Research Center and an Associate Professor, department of psychiatry, McGill University. She is an expert in sleep problems in children, and is currently treating and studying sleep problems in children with ADHD. She has presented workshops, public addresses and scientific presentations in the United States and across the world. She has also developed a unique model of collaboration with schools, The Sleep For Success Program, which educates youth and their families about the importance of sleep.

Topic: This presentation will present the topic of sleep in relation to attention and behaviour in children with ADHD. Strong evidence has shown that children with ADHD have a problem in the regulation of their arousal and that they might be suffering from detected or undetected sleep problems. Sleep related mechanisms may also be involved in the way that methylphenidate (Ritalin) helps these children, as this medication increases their arousal level and helps them become more vigilant and attentive. The objectives of this presentation are: 1) To explain the connection between sleep and ADHD; 2) To provide updated information regarding the diagnosis and treatment of sleep problems in children with ADHD.

Tuesday, April 29th, 2014 7:30 p.m.
mardi, le 29 avril 2014, 19 h 30

Free for Members - \$5.00 for Non-Members

Publications and other material will be available for purchase before and after the meeting.

HÔPITAL MONTREAL CHILDREN'S HOSPITAL
Ampitheatre D-182, 2300 Tupper, Montreal

AFFICHEZ S.V.P. IN CASE OF SNOWSTORM CALL 482-7196 PLEASE POST