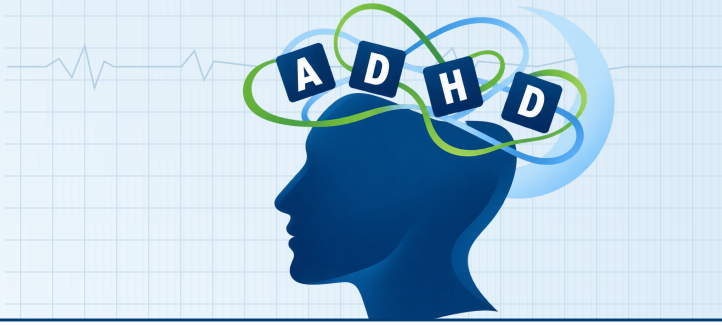
MedPro Respiratory Care

OCTOBER 2026 NEWSLETTER

OCTOBER IS ADHD AWARENESS MONTH - DON'T FORGET ABOUT SLEEP!

Clinical Education Series for Healthcare Professionals



ADHD not only affects children, but adults too, and this is a good time to look at an often-overlooked part of the picture – sleep!

Before the ADHD Diagnosis, Ask About Sleep

Poor sleep quality can affect attention, behaviour and daytime functioning, and sleep disorders may mimic or aggravate some ADHD symptoms.

The overlap matters because fragmented sleep and intermittent hypoxia associated with OSA can contribute to difficulties with attention, emotional regulation and behaviour — symptoms that may resemble or compound ADHD.

Symptoms worth asking about during an ADHD assessment:

- ✓ Habitual snoring or mouth breathing
- ✓ Witnessed pauses, gasping or laboured breathing during sleep
- ✓ Restless or unrefreshing sleep
- ✓ Difficulty waking or significant daytime sleepiness

ADHD and OSA are not mutually exclusive — and identifying an underlying sleep disorder may be an important part of understanding a patient's daytime symptoms.

ADHD, Menopause and OSA - more overlap than you might expect!

ADHD may be newly recognized in women during midlife. Research suggests that hormonal changes of perimenopause and menopause may make previously compensated ADHD symptoms more noticeable — sometimes described as "unmasking."[1,2]

Difficulty concentrating, brain fog, forgetfulness and daytime fatigue aren't specific to ADHD and/or menopause. **Sleep disorders, including OSA, can also contribute to these symptoms** and are associated with impairments in attention, memory and executive function.[3,4]

> **A simple question to add to the conversation: Could sleep be contributing?**

In addition to the above symptoms, a midlife patient may present with new or worsening symptoms of:

- Brain fog or difficulty concentrating
- Forgetfulness or poor focus
- Problems with organization or executive function
- Daytime fatigue or sleepiness
- Morning headaches

Consider OSA as part of the differential. If OSA is suspected, consider appropriate sleep-disordered breathing evaluation including HSAT when clinically indicated.

KEY TAKEAWAYS:

- Assessment of a patient's sleep quality can be an important part of the broader ADHD assessment.
- ADHD, menopause and OSA can have overlapping symptoms.
- If sleep apnea is suspected, appropriate diagnostic evaluation should be pursued, with treatment initiated when clinically indicated.

This October, keep sleep in the ADHD conversation.

CLINICAL PRACTICE

RESPIRATORY THERAPY WEEK

October 25–31

The themes throughout this month's update — recognizing a comorbidity before another treatment step-up, identifying sleep-disordered breathing when the presentation isn't straightforward, and catching CPAP problems early — reflect the daily work of our respiratory therapists.

This Respiratory Therapy Week, we recognize the clinical judgment behind the equipment.

At MedPro, respiratory care extends beyond supplying treatment. Our respiratory therapists work with patients and referring clinicians to support appropriate testing, education, treatment and ongoing therapy not just for CPAP, but for Home Oxygen services too. The care they provide is an essential pillar of community health.

References

1. Osianlis E, et al. ADHD and Sex Hormones in Females: A Systematic Review. J Atten Disord. 2025;29(9):706-723.
2. Vigus V, Bacon AM, Jones B. Attention Deficit Hyperactivity Disorder (ADHD) experiences in perimenopause and menopause: a qualitative exploration. Advances in Mental Health. 2026. doi:10.1080/18387357.2026.2673126.
3. Bucks RS, et al. Neurocognitive function in obstructive sleep apnoea: a meta-review. Respirology. 2013;18(1):61-70.
4. Olaithe M, Bucks RS. Executive dysfunction in OSA before and after treatment: a meta-analysis. Sleep. 2013;36(9):1297-1305.

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