

Supplemental Information

Table S1. Differences in sleep physiology between conditions and group.

	ADHD Mean (SD)	TD Mean (SD)	<i>p</i> -value (Condition)	<i>p</i> -value (Group)
<u>Total sleep time (minutes)</u>				
Baseline	547.83 (41.40)	581.80 (32.99)	.001	.23
Extension	601.92 (63.50)	610.44 (36.17)		
<u>Sleep efficiency (%)</u>				
Baseline	<u>93.78 (3.04)</u>	96.02 (5.00)	.04	.12
Extension	<u>90.80 (5.12)</u>	94.57 (5.63)		
<u>nREM stage 1 (%)</u>				
Baseline	11.39 (4.79)	13.50 (7.58)	.40	.18
Extension	9.26 (2.65)	12.82 (7.66)		
<u>nREM stage 2 (%)</u>				
Baseline	52.33 (4.41)	55.13 (6.37)	.71	.18
Extension	53.31 (4.98)	55.52 (7.49)		
<u>SWS (%)</u>				
Baseline	21.11 (4.52)	18.52 (3.63)	.43	.04
Extension	21.69 (5.09)	16.76 (2.89)		
<u>REM (%)</u>				
Baseline	15.16 (4.72)	12.87 (5.27)	.26	.42
Extension	15.74 (4.09)	14.89 (6.01)		

Notes: In ADHD group, $n = 11$. In TD group, $n = 10$.

ADHD = attention-deficit/hyperactivity disorder; TD = typically developing; SD = standard deviation

nREM = non-REM sleep; SWS = slow wave sleep; REM = rapid eye movement sleep

Text S1. *List of tips for helping child to fall asleep earlier.*

How to help your child fall asleep tonight

- Avoid caffeine (e.g., chocolate, ice tea, and other caffeinated beverages) within 1 hour of bedtime.
- Avoid heavy meals and fluids within 1 hour of bedtime.
- Avoid stimulating activities (e.g., physical activity and scary stories) 1 hour before bedtime.
- Avoid bright light (e.g., TV screen, cell phones, tablets) 1 hour before bedtime.
- Inform your child when bedtime is approaching so they can prepare to wind down.
- Create a sleep-promoting environment: Your child's clothes and blankets should not restrict their movement. The bedroom temperature shouldn't be too warm or too cold. The room should be dark. If you use a nightlight, it should be out of their direct line of vision.
- Learning a new sleep schedule may be challenging so you may need to revert back to some techniques we tend to use in very young children as they learn to sleep. Consider using soothing techniques (e.g., read bedtime stories, rub child's back) to help your child fall asleep on nights when the child's bedtime is advanced.