

S12-01 - ADHD IN ADULTS: IS THERE A RELATIONSHIP BETWEEN OBESITY AND CIRCADIAN BASED SLEEP DISTURBANCES?

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Objective: The scope of this presentation is to investigate the possible relationship between a delayed sleep phase and the timing of other activities, like meals and other disturbances of eating habits.

Methods: the literature will be reviewed and preliminary data from own research regarding these associations will be presented.

Results: The delayed sleep phase has been shown to occur in many children and in around 80% of adults with ADHD (Van Veen *et al.*, accepted for publication, 2009). Adult patients with ADHD who get up relatively too early according to their biological clock, tend to skip breakfast. Skipping breakfast is associated with binge eating in the afternoon; both binge eating and skipping breakfast are associated with overweight and obesity. According to the literature, the prevalence of ADHD and sleep problems is increased in obese patients; the higher the BMI, the higher the chance of ADHD.

Conclusions: ADHD and the very frequently comorbid delayed sleep phase disorder may be associated with a delayed timing of meals that may lead to overweight and obesity.

Reference: - M.M. Van Veen, J.J.S. Kooij, A.M. Boonstra and E.J.W. Van Someren. Disrupted circadian rhythm in adults with ADHD and chronic sleep onset insomnia' (2009, accepted for publication).