

OCTOBER MONTHLY NEWSLETTER 2026

October is ADHD Awareness Month, a time to look closer at how Attention-Deficit/Hyperactivity Disorder shapes daily life. As a complex neurodevelopmental condition, ADHD alters how the brain manages focus, executive functioning, and impulse control. Because symptoms naturally evolve and vary from person to person, understanding your unique profile is the first step toward thriving.

ADHD Attention-deficit/hyperactivity disorder

ADHD involves more than simply having trouble paying attention. It can affect the brain's ability to manage and organize everyday tasks.

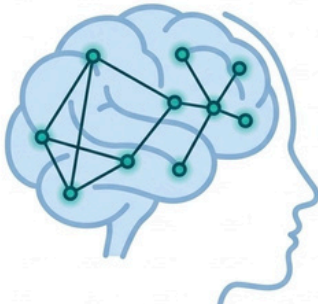
Common challenges may include:

- Staying focused or switching attention
- Managing time and meeting deadlines
- Organization and planning
- Remembering tasks or instructions
- Controlling impulses
- Starting or completing tasks
- Managing emotions and frustration



The way ADHD affects someone can vary depending on their environment, responsibilities, sleep, stress levels, and other health factors.

UNDERSTANDING EXECUTIVE FUNCTION



Executive functions are the mental skills that help us plan, organize, prioritize, remember information, manage time, and complete tasks.

For people with ADHD, difficulties with executive functioning can make everyday activities feel more challenging.

Strategies such as structured routines, reminders, breaking larger tasks into smaller steps, and reducing distractions may help support daily functioning.



- ✓ ADHD can affect both children and adults.
- ✓ ADHD symptoms can look different from one person to another.
- ✓ Difficulties with organization and time management can be common with ADHD
- ✓ Sleep and stress can affect attention and concentration.

Sleep & ADHD

Sleep and ADHD can have a complicated relationship.

People with ADHD may experience difficulty falling asleep, maintaining a regular sleep schedule, or getting restful sleep.

Poor sleep can also affect attention, memory, mood, and concentration, potentially making ADHD-related challenges more difficult.

Supporting healthy sleep habits and discussing ongoing sleep concerns with a healthcare provider can be an important part of overall ADHD care.



RESEARCH SPOTLIGHT: ADHD & SLEEP

A 2024 study of 3,691 adults with ADHD found that approximately 60% screened positive for at least one sleep disorder, highlighting the importance of recognizing sleep concerns alongside ADHD symptoms.

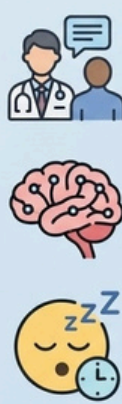
[Read the study HERE](#)

COMMUNITY Q&A: NAVIGATING ADULT ADHD CARE

Q: I suspect I have ADHD. Where do I start?

A: Start by speaking with a healthcare professional about your symptoms and how they affect your daily life. An assessment can help explore attention, organization, sleep, and other factors that may be contributing to your challenges.

At TCN: Complete our online registration form 1-844-826-2665 to get started. No physician referral is required.



TCN's team of healthcare providers can discuss whether medical cannabinoid therapy may be appropriate based on your medical history and treatment goals.

Find out if medical cannabis is a safe option. Complete the TCN Intake [HERE](#).



Happy Thanksgiving!

TCN will be closed Monday, October 12 for Thanksgiving.

Reference(s):

<https://www.camh.ca/en/professionals/treating-conditions-and-disorders/adult-adhd/adult-adhd---diagnosis?>

<https://chadd.org/attention-article/is-adult-adhd-related-to-sleep-challenges/>

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Questions? Contact us!



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