



Sleep Deprivation and ADHD: Cause and Effect

W. A. Samaan

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A promising new treatment is advanced from the analysis of the relationship between Sleep Deprivation and symptoms of Attention Deficit Hyperactivity Disorder (ADHD). This neurobiological approach, wherein the author combines Cognitive Behavior Therapy and Behavior Modification into a new treatment, identified as Cognitive Restructuring Therapy has great practical implementation in the clinical practice and growing field of sleep medicine.

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