



ADHD & Insomnia, a complex duo

Prof. Dr. med. Silvia Miano

Specialist in Sleep Medicine, EOC Lugano

Sleep problems are encountered by medical professionals almost daily in clinical practice and represent a significant burden on the health, performance, and quality of life of those affected. This presentation provides a comprehensive overview of the condition of insomnia, highlighting both diagnostic and therapeutic aspects according to the latest scientific standards. Based on established guidelines, structured approaches to differential diagnosis are presented, followed by a discussion of various treatment strategies in general and particularly in patients with ADHD. In addition to evidence-based non-pharmacological methods, particularly cognitive behavioral therapy for insomnia, pharmacological options are also introduced.

The aim of the presentation is to offer practical guidance for professional diagnosis and treatment of sleep disorders.



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