

Association of Inattention, Hyperactivity, and Hypersomnolence in Two Clinic-Based Adult Cohorts

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Abstract

Objective:

To assess the relationship between excessive daytime sleepiness (EDS), inattention, and hyperactivity/impulsivity in adults with ADHD and central hypersomnia.

Method:

Drug-free adult patients with ADHD ($n = 100$) or hypersomnia ($n = 100$) were evaluated using a structured clinical interview and self-report questionnaires on ADHD symptoms and EDS.

Results:

In all, 61% of patients with hypersomnia had clinically significant ADHD symptoms with 25% having an ADHD diagnosis (with both childhood and adulthood ADHD symptoms) and 36% ADHD-like symptoms, without history of childhood ADHD. EDS was reported in 47% of patients with ADHD, among whom 22% had a hypersomnolence disorder.

Conclusion:

We confirmed the high frequency of ADHD and ADHD-like symptoms in central hypersomnia, and of EDS and hypersomnolence in ADHD in adults. The nature of the link between EDS, inattention, and hyperactivity appears to be complex that may involve either a cause–effect relationship or intrinsic features of a similar neurodevelopmental dysfunction.