



Poor Sleep in ADHD? Propeaq 3 Light Therapy Can Help

The 21-Day Protocol

A significant proportion of individuals with ADHD experience sleep disturbances. Difficulties falling asleep and waking up in the morning are common complaints. This disruption of the circadian rhythm is known as Delayed Sleep Phase Syndrome (DSPS). The 21-day Propeaq protocol offers a scientifically grounded method to fully normalise this misaligned sleep-wake cycle within three weeks.

What is DSPS?

Delayed Sleep Phase Syndrome (DSPS) is a chronic misalignment of the biological clock, affecting up to 80% of individuals with ADHD. Many people with DSPS have had an atypical circadian rhythm since childhood, one that does not align with conventional societal norms for sleep and wakefulness. Moreover, their biological systems are often less responsive to the activating effects of natural daylight.

Living in accordance with a standard day-night rhythm can be particularly challenging for those with DSPS. Even when going to bed at a 'normal' hour, sleep onset is typically delayed until the early hours of the morning. When the alarm goes off for school or work, they are often still in the depth of their biological night—resulting in persistent fatigue. This condition can be likened to the experience of chronic jet lag or shift work disorder.

Consequences of DSPS

For individuals with DSPS who must adhere to typical societal schedules, chronic sleep deprivation—also known as sleep debt—is a frequent outcome. This can result in persistent fatigue, reduced cognitive functioning, and mood disturbances.

Some individuals with DSPS choose to align their lives with their natural circadian rhythm, sleeping for example from 4:00 a.m. to 12:00 p.m. While this may improve sleep quality and daytime alertness, it also results in limited exposure to daylight. Such reduced light exposure is associated with negative metabolic consequences, including increased risk of obesity and type 2 diabetes.

Treating DSPS

The treatment of DSPS is relatively straightforward. It requires the use of the Propeaq light therapy glasses in combination with consistency and self-discipline. By following the structured 21-day protocol, most users will experience substantial improvement within weeks.

Note: The treatment of DSPS differs fundamentally from that of insomnia and falls within the domain of clinical specialists, such as psychologists or psychiatrists. Always consult with your healthcare provider before starting the 21-day protocol.

Improved Sleep in Just 21 Days

The Propeaq 21-day protocol can help shift your sleep-wake cycle to a more conventional rhythm. For example, if you typically fall asleep at 4:00 a.m. and wake at 11:00 a.m., the protocol can help you adjust to a 12:00 a.m. to 7:00 a.m. schedule. As a result, you will fall asleep more easily and wake feeling refreshed.

The protocol works by shifting your biological clock approximately 15 minutes earlier each day. If desired, this process can be accelerated by shifting 30–60 minutes per day, potentially achieving results within 1–2 weeks.

How the 21-Day Protocol Works

1. **Start Well-Rested**

Begin the protocol when you are well-rested. Follow your natural sleep pattern for a few days to establish a baseline. Avoid daytime naps, or limit them to short power naps (max. 20 minutes).

2. **Shift Bedtime Gradually**

Each evening, go to bed 15 minutes earlier than the night before. Prior to bedtime, wear the Propeaq glasses with orange lenses for 30 minutes (with lights off). Upon waking, immediately wear the Propeaq glasses with blue light (no lenses) for 30 minutes. Repeat this process daily, gradually advancing your schedule by 15 minutes until your desired rhythm is achieved. Eventually, morning light exposure should occur consistently between 07:00 and 08:00.

3. **Avoid Bright Light in the Evening**

Dim lights after 9:00 p.m. and avoid screen exposure (PC, laptop, tablet, smartphone) after 10:00 p.m. Wear the Propeaq glasses with orange lenses to block alerting ambient light and promote natural melatonin production, which supports sleep onset.

4. **Maintain a Consistent Sleep Schedule**

Once you have reached your target bedtime, maintain it consistently. Do not go to bed earlier unless sleepy, and avoid staying up late—even on weekends.

5. **Track Progress with a Sleep Diary**

Use a sleep diary or sleep app to record your daily experiences. This allows you to monitor progress and better understand your sleep habits.

6. Adjust Lifestyle Habits

Individuals with DSPS are often more alert and creative in the evening. Try to shift demanding tasks to earlier in the day. Avoid stimulating activities such as work or exercise late at night. Refrain from consuming caffeine or alcohol after 8:00 p.m.

Conclusion

DSPS is a common but manageable condition among individuals with ADHD. With the correct use of light therapy, guided by the 21-day Propeaq protocol and professional supervision, long-term improvement in sleep timing and quality is achievable, without medication.