

Research Seminar

Navigating Sleep: Developmental Changes in napping and nocturnal sleep among neurodivergent individuals with Autism, ADHD and Dyslexia

Bio

Professor Dimitriou is a Professor of Sleep Education and Research at University College London and the Director of the Sleep Education and Research Laboratory (SERL), which focuses on research examining sleep and mental health in individuals with various developmental and medical conditions. She has published over 100 peer-reviewed articles, book chapters, guidelines, and reports on sleep, cognition, developmental disorders, and medical conditions. Her research and consultancy focus on the development of new sleep interventions and treatments for people across their lifespan. Professor Dimitriou also conducts autism assessments using the Autism Diagnostic Observation Schedule 2 (ADOS-2) and a range of behavioral tools.



Prof. Dagmara Dimitriou

UCL Institute of Education, London
Director of the Sleep Education and Research Laboratory

Abstract

In this talk, Prof Dimitriou will discuss their recent findings from studies examining developmental trajectories of napping patterns and nocturnal sleep behaviours among neurodivergent populations, specifically individuals diagnosed with Autism Spectrum Disorder (ASD), Attention Deficit Hyperactivity Disorder (ADHD), and Dyslexia. Their cross-cultural studies from China, UK, India and Saudi Arabia highlight distinct sleep characteristics, emphasising variations in sleep onset latency, sleep duration, and frequency and timing of daytime naps with environmental factors having moderating impact. Moreover, the findings elucidate how these sleep disruptions may exacerbate cognitive, behavioural, and emotional challenges. Their recent studies using targeted sleep interventions (CBT-I) and strategies for improving sleep hygiene and overall well-being are discussed in relation to diagnosis. Also, recommendations are discussed for clinicians, educators, and caregivers in managing sleep-related issues within neurodivergent communities.

REGISTER NOW

 28 April 2025 (Mon)

 10:00 AM – 11:00AM

 D1-LP-04 @ EdUHK Tai Po
Campus

Registration



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