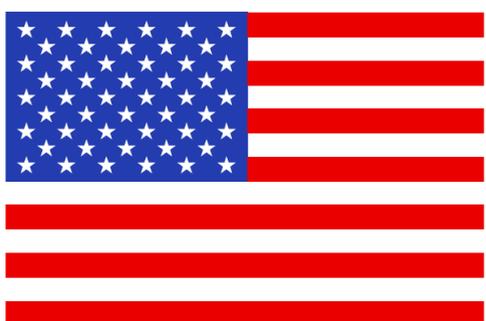


# Insomnia in the Military



ZZZ...  
ZZZ...  
Zzz...

Relative to the U.S. population, between 2 to 5 times more military personnel suffer insomnia.



## U.S. Population

10% of Americans experience insomnia at any given time.



## Military Personnel



20% of the military report insomnia BEFORE deployment, but as many as **54%** have symptoms afterwards.



Depression



Back Pain



Fatigue



Headache

*"Insomnia occurs in about 1 of 5 service members prior to a military deployment and is associated with a wide array of psychological stressors and mental and physical health problems."*

Controlling for demographic variables and comorbid problems, Soldiers with depression, fatigue, or headache were nearly twice as likely to experience insomnia as those without.

## Sources:

Taylor et al. (2016). Prevalence, correlates, and predictors of insomnia in the US Army prior to deployment. *Sleep*, 39(10), 1795-1806. doi: [10.5665/sleep.6156](https://doi.org/10.5665/sleep.6156)

## Photo Credit:

SFC Seth Laughter

## Resource Links:



Register here for CDP's Cognitive Behavioral Treatment of Insomnia training April 12th & 13th



Video: Brief overview of CDP's "Snoozeum" in Second Life



Register here for CDP's Brief Behavioral Treatment of Insomnia training April 26th & 27th