

Insomnia Factors: Combat-Exposed Military Personnel

Predisposing	Precipitating	Perpetuating
<ul style="list-style-type: none">• Adverse childhood events• Pre-military/ deployment sleep problems and patterns	<ul style="list-style-type: none">• Deployment• Combat exposure• Shift work/irregular scheduling• Hypervigilance	<ul style="list-style-type: none">• Nightmares• Energy drink consumption• PTSD/Psychopathology• Sleep schedule adjustment• Unemployment/financial stress• Family responsibilities• Coping mechanisms: alcohol/substance use