

Sleep Education for Marines

The *Sleep Education for Marines* research study is a collaborative project among the Uniformed Services University (Co-PI Maegan Paxton Willing), San Diego State University (Prime), and the National Center for PTSD.

PROJECT GOAL

The study aims to examine large-scale public health programs to improve sleep and mental health, including suicide ideation, in Marines.

BACKGROUND

Suicide is a significant concern within the military, ranking as the second leading cause of death among service members. The Department of Defense is committed to preventing these tragedies by focusing on key risk factors, such as sleep health.

STUDY DESIGN

The study employs a two-phase hybrid Type II implementation-effectiveness design to compare three sleep programs tailored for Marines. The programs include: group training on healthy sleep habits, group leadership training to support unit member sleep, and the VA's Insomnia Coach mobile health app. The study includes both formative (Phase 1), and implementation-effectiveness (Phase 2) components.

Phase 2

Group 1 (n=172)

- Leadership Education
- CLASS-M
- Insomnia Coach App

Group 2 (n=172)

- Leadership Education
- CLASS-M

Group 3 (n=172)

- CLASS-M
- Insomnia Coach App

Group 4 (n=172)

- CLASS-M

Group 5 (n=172)

- Insomnia Coach App

(Delayed Treatment Condition)

CURRENT STATUS

The team has successfully completed Phase 1 data collection and are revising the sleep health promotion materials. Data collection for Phase 2 is anticipated to begin in Fall 2025.

FUNDING

Funding for this research is provided by the Congressionally Directed Medical Research Programs (CDMRP); total funding is \$2,051,961, with \$704,04 allocated to USU. The project runs from June 2024 through June 2027.