Pre-deployment insomnia linked to post-deployment mental health struggles

VA and university researchers analyzed data from 4,645 Army soldiers who completed surveys before deployment to Afghanistan and then upon their return and at three and nine months later.

In one statistical model, **pre-deployment insomnia** was associated with about a **threefold-higher risk** of **post-deployment PTSD** and **suicidal thinking**.

Conclusion: "Pre-deployment insomn a contributed to prediction of post-deployment PTSD and suicidal ideation in Army soldiers, suggesting that **detection** of insomnia could facilitate targeting of risk-mitigation programs. Future studies should investigate whether **treatment of insomnia** helps **prevent PTSD and suicidal ideation** among deployed servicemembers."

From "Pre-deployment Insomnia is Associated with Post-deployment PTSD and Suicidal Ideation in US Army Soldiers," online Dec. 3, 2018, in Sleep. Infographic by VA Research Communications, December 2018. Photo for illustrative purposes only. © iStock/Rawpixel.