

Insomnia among women Veterans

Infographic by VA Research Communications (February 2017)
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52%

of women Veterans who responded to a VA Greater Los Angeles survey reported symptoms consistent with an insomnia diagnosis.

Based on a mail survey of 660 women in the LA area. Response rate was 43%.

Source: "Estimated Prevalence of Insomnia among Women Veterans: Results of a Postal Survey," *Women's Health Issues*, online Jan. 17, 2017.