

# 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 insomnia** 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.”

