

Insomnia in Post-9/11 Veterans

In a study of 5,552 post-9/11 Veterans using VA health care:

57%
had insomnia

**Veterans with other conditions
had higher rates of insomnia:**

93%

Posttraumatic Stress Disorder

78%

Traumatic Brain Injury

70%

Chronic Pain

Conclusion: "The findings suggest alarmingly high rates of insomnia disorder in this population. Examining and treating insomnia disorder, especially in the context of co-occurring disorders (e.g., PTSD) will be a necessity in the future."

From "[Prevalence rates and correlates of insomnia disorder in post-9/11 Veterans enrolling in VA healthcare.](#)" *Sleep*. 2020 June 12.
Infographic by VA Research Communications. Photo © iStock/demaerrev.