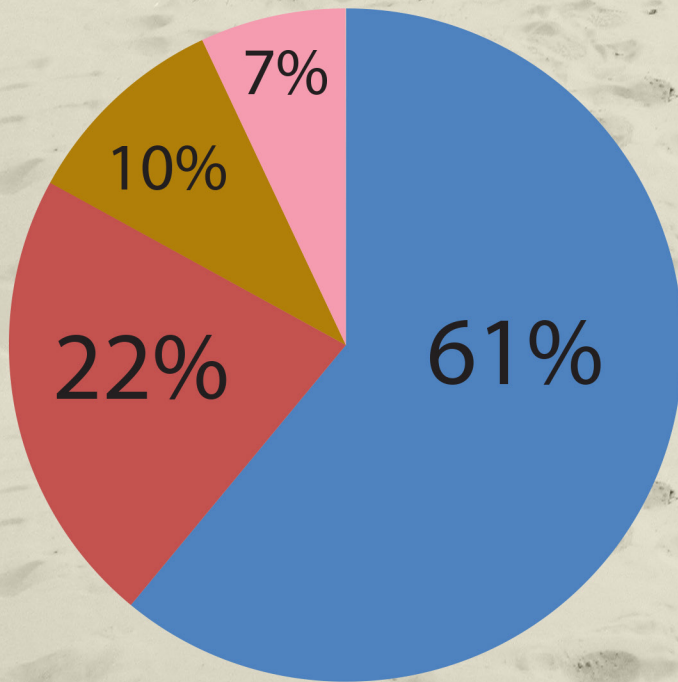


When soldiers are deployed, how well do their partners sleep back at home?



VA researchers identified four distinct trajectories:



- Resilient**—Low levels of sleep complaints across the deployment
- Deployment-onset sleep problems**—Low levels of sleep complaints before deployment, followed by increase early in deployment, then slow decline after deployment
- Deployment improvement**—High levels of sleep complaints before deployment, then decline in complaints over the course of deployment
- Chronic sleep problems**—High levels of sleep complaints before and across deployment cycle

Source: "[At-Home Partner Sleep Functioning Over the Course of Deployment](#)," *Journal of Family Psychology*, online June 19, 2017. Study based on assessments of 686 intimate partners (98% female) of deployed National Guard troops, by researchers with the Minneapolis VA Health Care System. Photos: Department of Defense; ©iStock/OcusFocus