



Sleep Well

Healthy Living Message

What's Important to Know?

Maintaining Healthy Sleep

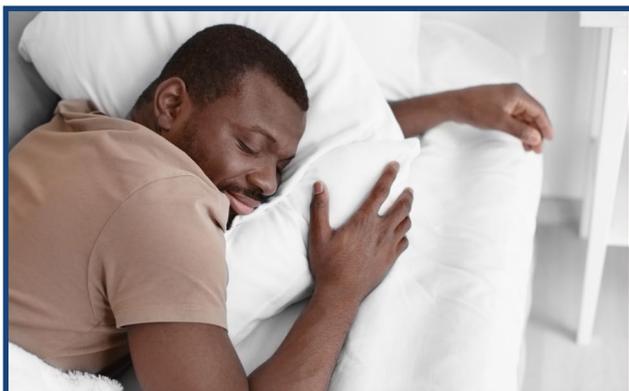
Getting high quality sleep is key for good health. Sleeping well is just as important as exercise and eating wisely. If you are already getting quality sleep, you can find tips to help you continue to sleep well here: https://www.prevention.va.gov/Healthy_Living/Sleep_Well.asp

Poor Sleep Is Related To:

- Obesity
- Heart disease and stroke
- Diabetes
- Pain
- Depression, anxiety, and irritability
- Concentration and memory problems
- Accidents and impaired work performance

Want to Know More?

One in three people have problems sleeping at some point in their lives. There's a big difference between one night of poor sleep and trouble that persists. If your sleep trouble goes on for months, you may have a sleep disorder. Concerned about your sleep? VA's Sleep Check-Up tool can help you understand it: <https://www.veterantraining.va.gov/checkup/index>



The two most common sleep disorders are: **Insomnia Disorder** and **Obstructive Sleep Apnea Disorder**.

Insomnia symptoms include difficulty with:

- Falling asleep
- Staying asleep
- Waking too early

Obstructive Sleep Apnea is a sleep disorder caused by blocking of the airway during sleep. Symptoms can include:

- Excessive daytime sleepiness
- Loud snoring
- Observed episodes of stopped breathing during sleep
- Waking up gasping or choking
- Difficulty concentrating during the day

Effective treatments are available for both Insomnia and Sleep Apnea.

Talk to your health care team to learn about alternatives to sleep medications, including remote insomnia treatment options.

Resources

- VHA National Center for Health Promotion and Disease Prevention (NCP): www.prevention.va.gov
- Veterans Health Library: www.veteranshealthlibrary.va.gov
- VA/DoD Clinical Practice Guideline: <https://www.healthquality.va.gov/guidelines/CD/insomnia/>
- Path to Better Sleep: <https://www.veterantraining.va.gov/insomnia/>