



Path to Better Sleep for Veterans



Struggling with sleep? You're not alone.

Millions of Veterans struggle with sleep. Some have sleep disorders, like insomnia. Others have medical conditions, like sleep apnea. Over time, poor sleep can affect your ability to concentrate, cause irritability, and lead to both physical and mental health problems.

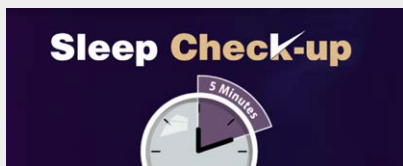
VA's online **Path to Better Sleep** program is available to help. It's **free, confidential and can be used on any device**. While designed with Veterans in mind, anyone can use the program's resources.



Cognitive Behavioral Therapy for Insomnia (CBT-i) is the recommended treatment for chronic insomnia. You can use the CBT-i program on your own or while in treatment with a provider. Its tools and exercises help you retrain your brain and reduce your insomnia.



The **Sleep Apnea** page is designed to assist Veterans who have been diagnosed with sleep apnea or may think they have it. It offers short videos and downloadable fact sheets that help you learn about sleep apnea and how to successfully treat it.



Sleep Check-Up is a brief questionnaire that screens for sleep disorders. Simply answer five questions to better understand why you may be having sleep problems. Once you have your results, you can discuss the findings with your doctor. You can also explore videos and factsheets to learn more.



Sleep 101 is for any Veteran who would like to learn some sleep basics. It teaches you how to identify behaviors that interfere with sleep and develop healthy habits to improve your sleep quality.

TALK TO YOUR DOCTOR

The **Path to Better Sleep** program is not intended to replace a diagnosis from a health care professional. Talk to your doctor about your symptoms and the next steps you should take.

Visit Today!
www.VeteranTraining.va.gov/Insomnia



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