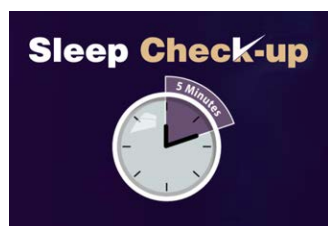




# Sleep Check-Up

**Trouble Sleeping? Use 'Sleep Check-Up' to Find out Why.**

One-third of adults experience problems sleeping in their lifetime. For reasons often related to military service, Veterans are twice as likely to develop a sleep disorder than the general population. If you're not sure why you're having trouble falling asleep or staying asleep, use the **Sleep Check-Up** tool on VA's **Path to Better Sleep** website.



## WHAT IS SLEEP CHECK-UP?

**Sleep Check-Up** is a brief questionnaire that screens for sleep disorders. **It only takes about 5 minutes to complete.** Simply answer five questions, and **Sleep Check-up** will let you know which sleep problem you might be experiencing. Once you have your results, you can discuss the findings with your doctor. You can also explore informational videos and factsheets to learn more.

## WHAT IF MY RESULT IS INSOMNIA OR SLEEP APNEA?

The two most common sleep disorders, Insomnia Disorder and Obstructive Sleep Apnea, are widespread among Veterans. The **Path to Better Sleep** website offers an online version of **CBT-i**, the recommended treatment for insomnia, as well as a **Sleep Apnea** page to learn more.

## TALK TO YOUR DOCTOR

**Sleep Check-Up** is not intended to replace a diagnosis from a health care professional. No matter what your results, talk to your doctor about your symptoms and next steps you should take to find relief from your sleep problem.



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