How's your SLEEP?

4 out of 10 Veterans have signs of insomnia

9 out of 10 Veterans with PTSD have sleep problems

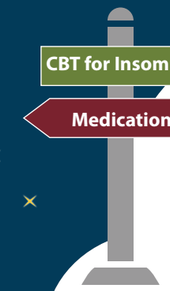
How does PTSD make sleep worse?

- Feeling "**on guard**" all the time
- **Memories replaying** in your head
- **Worrying** or negative thinking
- **Nightmares** disrupting sleep

Cognitive Behavioral Therapy for Insomnia is the **#1** recommended treatment, not sleep medication.*

CBT for Insomnia is a short talk therapy proven to work in:

- ☑ Veterans
- ☑ Depression
- ☑ TBI
- ☑ PTSD
- ☑ Pain



Compare your Options

Sleep Medication	CBT for Insomnia
How it works Changes brain chemistry	**How it works** Modifies thoughts and habits that affect sleep
Works fast Easy to use	70-80% achieve better sleep Skills last a lifetime
Side effects include falls, drowsiness, dependence, fogginess, and memory problems Less effective over time	Therapy takes effort Extra appointments

Ask your provider about a CBT for Insomnia referral today.

www.PTSD.va.gov

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Scan for free VA mobile apps to help with CBT for Insomnia, PTSD, and mindfulness.

* Source: Management of Chronic Insomnia Disorder in Adults: A Clinical Practice Guideline From the American College of Physicians. 2016.

National Center for PTSD
POSTTRAUMATIC STRESS DISORDER