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Development and Administration to Servicemembers in the Deployment Life Study
Deployment Life Study Overview Sleep Survey Added to the Deployment Life Study; Outcomes and Covariates; Analytic Plan for the Sleep Survey; Prevalence of Sleep Symptoms and Sleep-Related Behaviors Overall and by Subgroup; Associations Between Sleep Symptoms and Sleep-Related Behaviors and Outcomes Among Previously Deployed Servicemembers; Sample Characteristics; Prevalence of Sleep Problems in Full Sample; Prevalence of Sleep Problems, by Subgroup; Associations Between Sleep Measures and Outcomes Among Previously Deployed Servicemembers; Discussion; Strengths and Limitations
CHAPTER FOUR: Review of Sleep Policies and Programs Approach; Sleep-Related Prevention Policies/Programs; DoD Prevention Policies/Programs; Service-Specific Prevention Policies/Programs; Sleep-Related Medical Policies/Programs; U.S. Department of Defense Medical Policies/Programs; U.S. Department of Veterans Affairs Medical Policies/Programs; Department of the Air Force Medical Policies/Programs; Department of the Army Medical Policies/Programs; Department of the Navy/Marine Corps Medical Policies/Programs; Sleep-Related Policies/Programs in Training Environments
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Pharmacotherapy to Treat Sleep Disturbances

Sommario/riassunto

Given the unprecedented demands on the U.S. military since 2001 and the risks posed by stress and trauma, there has been growing concern about the prevalence and consequences of sleep problems. This first-ever comprehensive review of military sleep-related policies and programs, evidence-based interventions, and barriers to achieving healthy sleep offers a detailed set of actionable recommendations for improving sleep across the force.
