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Nota di contenuto	Cover; Title Page; Copyright; Preface; Contents; Figures; Tables; Summary; Acknowledgments; Abbreviations; CHAPTER ONE: Introduction; Background; Research Objective; Methods; Literature Review; Primary Data Collection and Sleep Survey Analysis; Policy Review; Key Informant Discussions; Expert Working Group; Organization of This Report; CHAPTER TWO: Epidemiology of Sleep Problems in the Military; Literature Review Approach; A Conceptual Model of Post-Deployment Sleep Problems; Prevalence and Types of Specific Sleep Problems in the Post-Deployment Period; Diagnosed Sleep Disorders Symptoms of Sleep Problems Risk Factors for Sleep Problems in the Post-Deployment Period; Stable Demographic Factors; Operational and Military Support Factors; Correlates and Consequences of Sleep Problems in the Post-Deployment Period; Mental Health Problems; Physical Health Problems; Operational Readiness; Discussion; Unaddressed Gaps in the Literature; Future Directions for Military Sleep Studies; CHAPTER THREE: Assessing Sleep Disturbances and Consequences Among Post-Deployed Servicemembers; Sleep Survey

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

Department of the Air Force Training Policies/Programs Department of the Army Training Policies/Programs; Department of the Navy/Marine Corps Training Policies/Programs; Sleep-Related Policies/Programs in Operational Environments; U.S. Department of Defense Operational Policies/Programs; Department of the Air Force Operational Policies/Programs; Department of the Army Operational Policies/Programs; Department of the Navy/Marine Corps Operational Policies/Programs; Discussion; CHAPTER FIVE: Evidence-Based Interventions to Treat Sleep Disturbances Among Servicemembers; Approach

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.

2. Record Nr.	UNISALENT0991003474769707536
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