



weak



"Sleep disorders, Veterans & Others"

"While there is a growing awareness of the importance of sleep, military culture largely accepts sleep deprivation as a normal part of life on duty. A 2021 Department of Defense report found that military members feel that they can control how much sleep they need, and tend to view needing sleep as "weak."

Sleep Deprivation

► **Reality** 15% to 25% reduced effectiveness in combat

76% service members have difficulty getting sleep

In the past 15 years insomnia has increased 45 fold & obstructive sleep apnea 30 fold

55% service members with combat related head injuries have insomnia symptoms

Drowsy Driving

"109 Billion annually not including property damage"

NHTSA
National Highway
Traffic & Safety Administration

Cognitive decline



► **Narcolepsy**

Is a neurodegenerative disease effecting 1 in 2000 Americans.

Narcolepsy is recognized as a 80% disability in the military for service members.

However, for civilians family members, friends & the community at large, support for sleep disorders is often underwhelming and inconsistent.



► **The Social Security Administration's "blue book" still doesn't recognize Narcolepsy as a qualifying disability**

"These types of inconsistencies broaden the care gap and increase the stigma surrounding issues of the overall importance of sleep."

Sleep loss and untreated sleep disorders influence basic patterns of behavior that negatively affect family health and interpersonal relationships.