

# Perception

**weak**

A large, light blue pillow is the central focus, with the word "weak" written in bold red lowercase letters across its front. Below the pillow, a line of black silhouettes depicts a group of soldiers marching from left to right. They are carrying gear and rifles, and their shadows are cast on the ground below them.

**"Sleep disorders, Veterans & Others"**

# Perception

**"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."**

A silhouette illustration of a group of soldiers marching in a line across a dark, uneven ground. The soldiers are carrying gear and rifles, and their shadows are cast on the ground behind them.

**"Sleep disorders, Veterans & Others"**

# **Reality**

**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**

**"Sleep disorders, Veterans & Others"**

**Reality**

# "Narcolepsy"

**80% Disability rating**

**"Sleep disorders, Veterans & Others"**

**"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" .**

**"Sleep disorders, Veterans & Others"**

# Reality

**One of the common treatments for narcolepsy is frequent and regularly scheduled naps, so for you to be able to work at a job, your employer would need to allow these breaks as well as provide a comfortable area for you to sleep.**

<https://www.disability-benefits-help.org/disabling-conditions/narcolepsy/tips-applying-ssd-narcolepsy>

**"Sleep disorders, Veterans & Others"**

# Reality

**The SSA also will usually approve disability benefits if your RFC proves that your disorder would result in a 20% decrease in your productivity level.**

<https://www.disability-benefits-help.org/disabling-conditions/narcolepsy/tips-applying-ssd-narcolepsy>

**"Sleep disorders, Veterans & Others"**

# **Reality**

**Taking frequent naps, as is recommended, can qualify you under that exception.**



<https://www.disability-benefits-help.org/disabling-conditions/narcolepsy/tips-applying-ssd-narcolepsy>

**"Sleep disorders, Veterans & Others"**

# Reality?

structure than pre  
methods such as sele  
**Social Security** rel  
programs of govern  
welfare



"Sleep disorders, Veterans & Others"

**Most "civillians" who apply are initially denied service- even if they qualify.**

**"Sleep disorders, Veterans & Others"**

# 10

On average it takes **10** years from onset of symptoms to an official diagnosis of narcolepsy and visits to approximately **6** different specialists. Prior to diagnosis, it is not uncommon for people to be misdiagnosed with other sleep disorders, depression, psychiatric conditions, ADHD and even epilepsy.

# 6

**"Sleep disorders, Veterans & Others"**

# Sleep Deprivation

**40%**

**Cognitive Decline**



**"Sleep disorders, Veterans & Others"**

# Sleep Deprivation

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



"Sleep disorders, Veterans & Others"

# Sleep Deprivation

## 72 % reduction in cancer fighting cells

When sleep was reduced to four hours in one night...

<https://www.cdc.gov/niosh/work-hour-training-for-nurses/longhours/mod2/05.html>

"Sleep disorders, Veterans & Others"

# Sleep Deprivation

**Drowsy Driving...**

**109 Billion annually  
not including  
property damage.**

**NHTSA  
National Highway  
Traffic & Safety Administration**



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

**Continue the fight...**







**...together**

## Reference Materials

<https://www.sleepfoundation.org/sleep-in-the-military>

<https://www.nsc.org/road/safety-topics/fatigued-driver>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5872173/>

<https://www.cdc.gov/niosh/work-hour-training-for-nurses/longhours/mod2/05.html>

<https://www.disability-benefits-help.org/disabling-conditions/narcolepsy/tips-applying-ssd-narcolepsy>

Suddenlysleppy.org