

Perception

weak

A row of black silhouettes of soldiers in various walking poses, carrying gear, positioned along the bottom edge of the image.

"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 black silhouette of a group of soldiers marching in a line across a dark, uneven ground. The soldiers are wearing helmets and carrying gear, with some holding rifles. The background is white.

"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

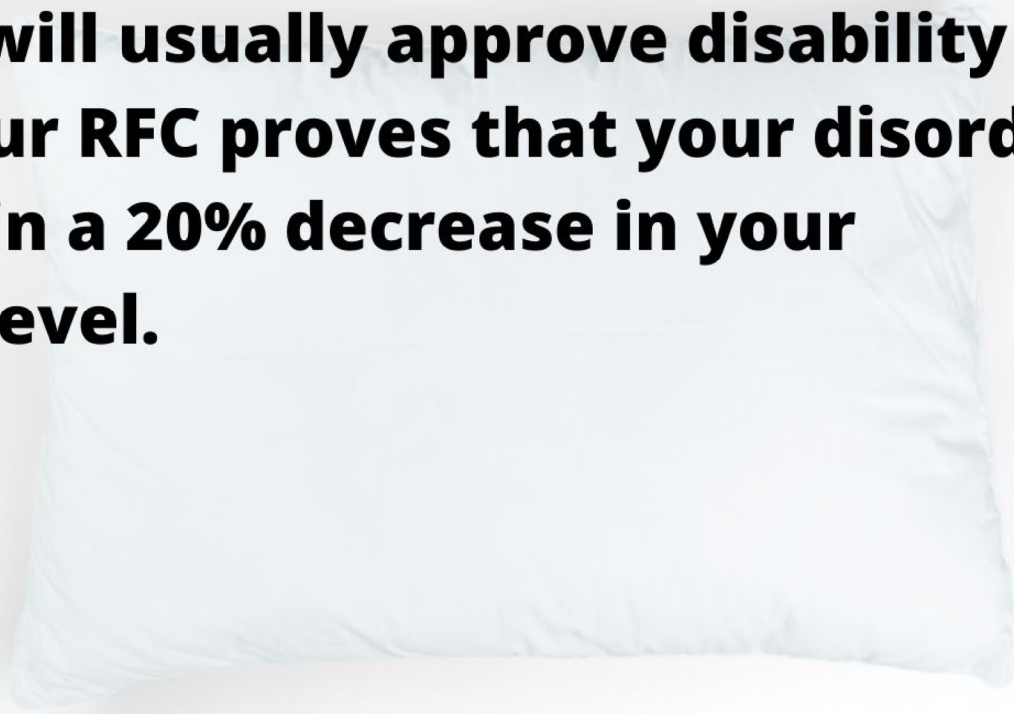
One of the common treatments for narcolepsy is frequent and regularly scheduled naps, so for you to be able to work at a job, your employer would need to allow these breaks as well as provide a comfortable area for you to sleep.

<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?

Social Security

"Sleep disorders, Veterans & Others"

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



"Sleep disorders, Veterans & Others"

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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.

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"Sleep disorders, Veterans & Others"

Sleep Deprivation

40%

Cognitive Decline



"Sleep disorders, Veterans & Others"

Sleep Deprivation

15% to 25% reduced effectiveness in combat



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>



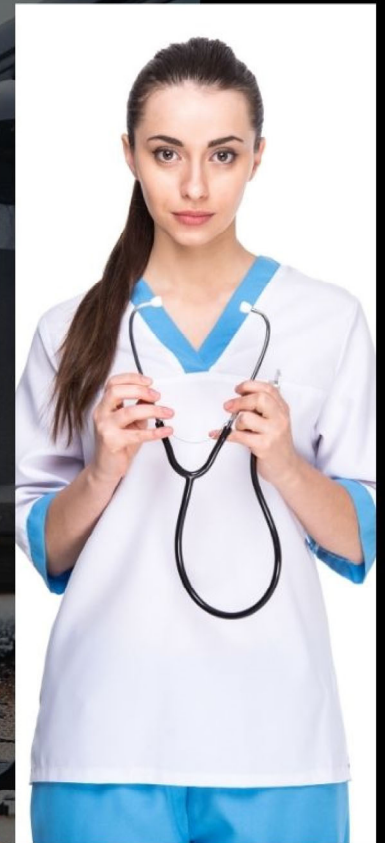
"Sleep disorders, Veterans & Others"

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>

Suddenlysleepy.org