Sleep disorders in Veterans at risk for cardiovascular disease

82% met criteria for sleep apnea or insomnia disorder

52% screened positive for sleep apnea without prior self-reported diagnosis

39% screened positive for insomnia disorder

Conclusion: “Undiagnosed and undertreated sleep disorders are common among Veterans at risk for CVD.”

Based on a sample of 420 Veterans age 40 or older, enrolled in VA primary care, and with high blood pressure and/or cholesterol. From the study “Prevalence of insomnia disorder and sleep apnea in a sample of veterans at risk for cardiovascular disease,” Journal of Clinical Sleep Medicine, March 10, 2021. Infographic by VA Research Communications, March 2021. Photo© iStock/Inside Creative House.