VA and university researchers analyzed data from 4,645 Army soldiers who completed surveys before deployment to Afghanistan and then upon their return and at three and nine months later.

In one statistical model, pre-deployment insomnia was associated with about a threefold-higher risk of post-deployment PTSD and suicidal thinking.

**Conclusion:** “Pre-deployment insomnia contributed to prediction of post-deployment PTSD and suicidal ideation in Army soldiers, suggesting that detection of insomnia could facilitate targeting of risk-mitigation programs. Future studies should investigate whether treatment of insomnia helps prevent PTSD and suicidal ideation among deployed servicemembers.”

From “Pre-deployment Insomnia is Associated with Post-deployment PTSD and Suicidal Ideation in US Army Soldiers,” online Dec. 3, 2018, in *Sleep.*

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