When soldiers are deployed, how well do their partners sleep back at home?

VA researchers identified four distinct trajectories:

- **Resilient**—Low levels of sleep complaints across the deployment
- **Deployment-onset sleep problems**—Low levels of sleep complaints before deployment, followed by increase early in deployment, then slow decline after deployment
- **Deployment improvement**—High levels of sleep complaints before deployment, then decline in complaints over the course of deployment
- **Chronic sleep problems**—High levels of sleep complaints before and across deployment cycle

Source: “At-Home Partner Sleep Functioning Over the Course of Deployment,” Journal of Family Psychology, online June 19, 2017. Study based on assessments of 686 intimate partners (98% female) of deployed National Guard troops, by researchers with the Minneapolis VA Health Care System. Photos: Department of Defense; ©iStock/OcusFocus