Sleep Well
Healthy Living Message

What's Important to Know?

Maintaining healthy sleep

Getting high-quality sleep is key for good health. Sleeping well is just as important as exercise and eating wisely.

Poor sleep is related to:

- Obesity
- Heart disease and stroke
- Diabetes
- Pain
- Depression, anxiety, and irritability
- Concentration and memory problems
- Accidents and impaired work performance

One in three people have problems sleeping at some point in their lives. There's a big difference between one night of poor sleep and trouble that persists. If your sleep trouble goes on for months, you may have a sleep disorder. Concerned about your sleep? VA's **Sleep Check-Up** tool can help you understand it: https://www.veterantraining.va.gov/checkup /index.asp

The two most common sleep disorders are **Insomnia Disorder** and **Obstructive Sleep Apnea Disorder**.

Insomnia symptoms include difficulty with:

- Falling asleep
- Staying asleep
- Waking too early

Obstructive sleep apnea is a sleep disorder caused by blocking of the airway during sleep. Symptoms can include:

- Loud snoring
- Excessive daytime sleepiness
- Observed episodes of stopped breathing during sleep
- Waking up gasping or choking
- Difficulty concentrating during the day

Effective treatments are available for both Insomnia and Sleep Apnea.

Want to Know More?

Talk to your health care team to learn about alternatives to sleep medications, including virtual insomnia treatment options.

You can find additional information and resources at VA's Prevention website using the QR code above or the link below:

https://www.prevention.va.gov/Healthy_Living/ Sleep_ Well.asp

**Healthy Living Matters.
Prevention Works.**

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