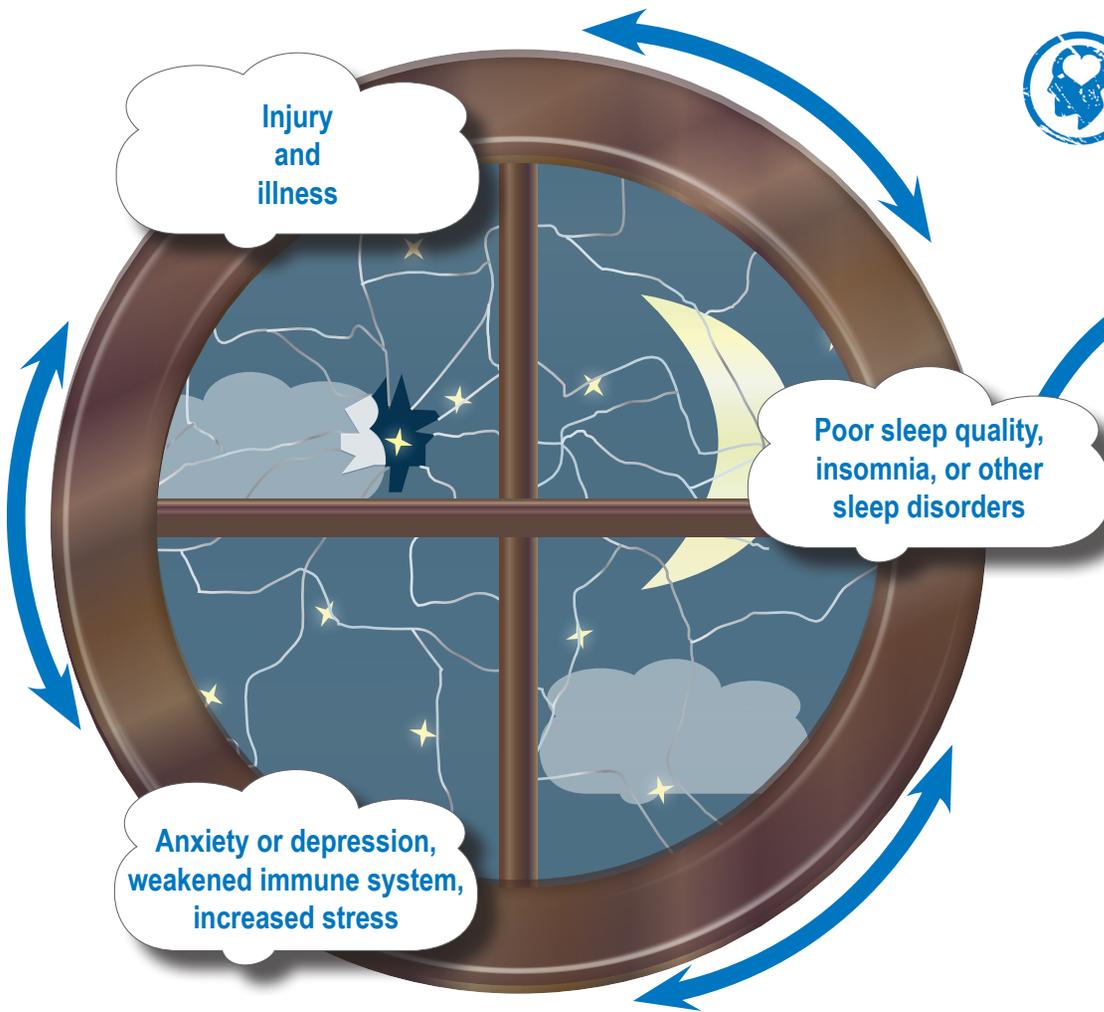


Break the Cycle



How to Break the Cycle

- Get out of bed if you do not fall asleep within 15 minutes.
- Try to maintain the same bedtime routine and sleep schedule every day.
- Do not try to “catch up” on sleep.
- Avoid nicotine and alcohol before bed.
- Limit naps to 30 minutes, and avoid napping after 3 p.m.

Poor sleep quality can seem like a never-ending cycle, but you have the power to put an end to sleepless nights! There are resources available to help you in your efforts:

- The Navy and Marine Corps Public Health Center’s [Sleep for Wounded, Ill, and Injured Web page](#) provides information on the importance of sleep while recovering from an illness or injury, as well as tools to help you put sleep tips into practice.
- The [Afterdeployment.org sleep Web page](#) will walk you through a sleep assessment, suggests tips for better sleep, and provides a Sleep Workbook to help track sleep patterns and habits.
- Ask your healthcare provider if you are a candidate for cognitive behavioral therapy for insomnia (CBT-I). CBT-I is practiced with a trained clinician and traditionally entails a behavioral component, which focuses on sleep restriction and stimulus control; a cognitive component that is aimed at altering beliefs and attitudes about sleep; and an educational component, which focuses on understanding key sleep hygiene principles.
- Download the [Veterans Affairs’s CBT-I Coach mobile app](#). The app is intended to be used in conjunction with cognitive behavioral therapy for insomnia so that you can get the most out of your treatment.

