

Trouble Sleeping?

Half of Women Veterans experience sleep issues.
Sleep issues are treatable. VA can help.

Free *Insomnia Coach* App
to manage symptoms through a
5-week training program

Free Online Sleep Course
to screen for sleep disorders
& help manage sleep issues

Sleep Studies
to help diagnose & address sleep
concerns, at home or in person

Sleep Treatment
to address insomnia, snoring, sleep
apnea, restless leg syndrome & more

Specialists
to provide cognitive behavioral therapy
for insomnia & improve sleep behaviors

Mental Health Care
to address or treat trauma,
depression, anxiety & PTSD

**Speak with your VA health care
provider to connect with sleep
specialists and treatment.**

Scan the QR code to listen
to our *She Wears the Boots*
podcast episode on insomnia

