

Sleep Disorders: An Overview of Sleep Disorders Common in Military Members

References

- Borbély, A. (1982). A two process model of sleep regulation. *Human Neurobiology, 1*(3), 195-204.
- Harvard, C. (2008, January 2). *Healthy sleep*. Retrieved from healthysleep.med.harvard.edu
- Harvey, A. G., & Bryant, R. A. (1998). The relationship between acute stress disorder and posttraumatic stress disorder: A prospective evaluation of vehicle accident survivors. *Journal of Consulting and Clinical Psychology, 66*(3), 507-512.
- Inman, D. J., Silver, S. M., & Doghramji, K. (1990). Sleep disturbance in post-traumatic stress disorder: A comparison with non-PTSD insomnia. *Journal of Traumatic Stress, 3*, 429-437.
- Kilduff, T, Kushida, C. Circadian regulation of sleep. In: Chokroverty, S. (1999). *Sleep disorders medicine: basic science, technical considerations, and clinical aspects*. (2nd ed., pp. 135-147). Oxford; Butterworth Heinemann.
- Krakov, B., Hollifield, M., Johnston, L., Koss, M., Schrader, R., Warner, T. D., Prince, H. (2001). Imagery rehearsal therapy for chronic nightmares in sexual assault survivors with posttraumatic stress disorder: A randomized controlled trial. *Journal of the American Medical Association, 286*, 537-545.
- Mellman, T., Kulick-Bell, R., & Ashlock, L. (1995). Sleep events among veterans with combat-related posttraumatic stress disorder. *The American Journal of Psychiatry, 152*(1), 110-115.
- Mellman, T., & Rothbaum, B. (2001). Dreams and exposure therapy in ptsd. *Journal of Trauma and Stress, Jul; 14*(3), 481-490.
- Morin, C. M. (1993). *Insomnia: Psychological assessment and management*. New York, NY: Guilford Press.
- Neylan, T. C., Marmar, C. R., Metzler, T. J., Weiss, D. S., Zatzick, D. F., Delucchi, K. L., ... Schoenfeld, F. B. (1998). Sleep disturbances in the Vietnam generation: Findings from a nationally representative sample of male Vietnam veterans. *American Journal of Psychiatry, 155*, 929-933.
- Ohayon M, Morselli P, & Guilleminault C. *Prevalence of nightmares and their relationship to psychopathology and daytime functioning in insomnia subjects*. *Sleep, 1997; 20*;340-348.
- Ouellet, M., & Morin, C. (2007). Efficacy of cognitive-behavioral therapy for insomnia associated with traumatic brain injury: A single-case experimental design. *Archives of Physical Medicine and Rehabilitation, 88*(12), 1581-1592. doi: 10.1016/j.apmr.2007.09.006

Peterson A. L., Goodie J. L., Satterfield W. A., & Brim W. L. (2008). Sleep disturbance during military deployment. *Military Medicine*, *173*, 230-235.

Russo, G., & Di Bernardo, M. (2009). How to synchronize biological clocks. *Journal of Computational Biology*, *16*(2), 379-393. doi: 10.1089/cmb.2008.21TT

Seelig, A., Jacobson, I., Smith, B., Hooper, T., Boyko, E., Gackstetter, G., Gehrman, P., Macera, C., & Smith, T. (2010). *Sleep patterns before, during and after deployment to Iraq and Afghanistan*. (33 ed., Vol. 12, pp. 1615-1622).

Additional Resources

- Armed Forces Health Surveillance Center.(2010). Insomnia, Active component, U. S. Armed Forces, January 2000 – December 2009. In *Medical Surveillance Monthly Report* (pp. 12-15). Washington, D.C.: Department of Defense.
- Australian Centre for Posttraumatic Health. (2004). *Imagery rehearsal in the treatment of nightmares in PTSD: Facilitator's treatment manual*.Melbourne, Australia: Australian Centre for Posttraumatic Mental Health.
- Belenky, G., Penetar, D., Throne, D., Popp, K., Leu, J., & Thomas, M. (1994).The effects of sleep deprivation on performance during continuous combat operations.In B.M. Marriot (ed.), *Food Components to Enhance Performance* (pp. 127-135). Washington, D.C.: National Academy Press.
- Caldwell, J.A. (2005). Fatigue in aviation.*Travel Medicine and Infectious Disease*, 3(2), 85-96.
- Chesson, A., Jr., Hartse, K., Anderson, W. M., Davila, D., Johnson, S., Littner, M., & Wise, M. (2000). Practice parameter for the evaluation of chronic insomnia. An American Academy of Sleep Medicine report.Standards of Practice Committee of the American Academy of Sleep Medicine.*Sleep*, 23(2), 237-241.
- Cohen, M., Oksenberg, A., Snir, D., Stern, M.J., &Groswasser, Z. (1992). Temporally related changes of sleep complaints in traumatic brain injured patients. *Journal of Neurology, Neurosurgery and Psychiatry*, 55(4) 313-315.
- Cook, J., Harb, G., Ross, R., Gamble, G., &Gehrman, P. (2008, November).*Open pilot study of imagery rehearsal with OIF returnees and design of bisite RCT in OEF/OIF veterans*. Paper presented at the annual meeting of the International Society for Traumatic Stress Studies, Chicago, IL.
- Davis, J. L., & Wright, D. C. (2007).Randomized clinical trial for treatment of chronic nightmares in trauma-exposed adults.*Journal of Traumatic Stress*, 20, 123-133.
- Edinger, J.D., Olsen, M. K., Stechuchak, K. M., Means, M. K., Lineberger, M. D., Kirbuy, A., & Carney, C. E. (2009). Cognitive behavioral therapy for patients with primary insomnia or insomnia associated predominantly with mixed psychiatric disorders: A randomized clinical trial. *Sleep*, 32(4), 499-510.
- Foa, E.B., Riggs, D.S., &Gershuny, B. S. (1995).Arousal, numbing, and intrusion: symptom structure of PTSD following assault. *American Journal of Psychiatry*, 152(1), 116-200.
- Gasarov, R.L., Gitlevich, T.R., Lesnyak, V. N., & Levin, Y. (1998).Structure of nocturnal sleep in patients with cerebral insult.*Neuroscience and Behavioral Physiology*, 28(3), 325-329.

- Germain, A., Shear, K. M., Hall, M., & Buysse, D. J. (2007). Effects of a brief behavioral treatment for PTSD-related sleep disturbances: A pilot study. *Behaviour Research and Therapy*, 45, 627-632.
- Germain, A., Krakow, B., Faucher, B., Zadra, A., Nielsen, T., & Hollifield, M. (2004). Increased mastery elements associated with imagery rehearsal treatment for nightmares in sexual assault survivors with PTSD. *Dreaming*, 14, 195-206.
- Harvey, A.G., Jones, C., & Schmidt, D.A. (2003). Sleep and posttraumatic stress disorder: A review. *Clinical Psychology Review*, 23, 377-407.
- Harvey, A.G., & Payne, S. (2002). The management of unwanted pre-sleep thoughts in insomnia: Distraction with imagery versus general distraction. *Behaviour Research and Therapy*, 40(3), 270-277.
- Hoge, C.W., Auchterlonie, J.L., & Milliken, C.S. (2006). Mental health problems, use of mental health services, and attrition from military service after returning from deployment to Iraq or Afghanistan. *Journal of the American Medical Association*, 295(9), 1023-1032.
- Kilpatrick, D.G., Resnick, H.S., & Freedy, J. R. (1998). Post-traumatic stress disorder field trial evaluation of the PTSD construct-criteria A through E. In Widiger, T.A., Frances, A.J. (Eds.) *DSM-IV Sourcebook* (pp. 803-846). Washington, DC: American Psychiatric Press.
- Koren, D., Arnon, I, Lavie P., Klein, E. (2002). Sleep complaints as early predictors of posttraumatic stress disorder: A 1-year prospective study of injured survivors of motor vehicle accidents. *American Journal of Psychiatry*, 159(5), 855-857.
- Krakow, B., & Zadra, A. (2006). Clinical management of nightmares: Imagery rehearsal therapy. *Behavioral Sleep Medicine*, 4, 45-70.
- Lancee, J., Spoormaker, V.I., Krakow, B., & van den Bout, J. (2008). A systematic review of cognitive-behavioral treatment for nightmares: Toward a well-established treatment. *Journal of Clinical Sleep Medicine*, 4, 475-480.
- Lavie, P. (2001). Sleep disturbances in the wake of traumatic events. *New England Journal of Medicine*, 345, 1825-1832.
- Lewis, V., Creamer, M., & Failla, S. (2009). Is poor sleep in Veterans a function of Post-Traumatic Stress Disorder. *Military Medicine*, 174(9), 948-951.
- Maher, M.J., Rego, S.A., & Asnis, G.M. (2006). Sleep disturbance in patients with post-traumatic stress disorder: Epidemiology, impact and approaches to management. *CNS Drugs*, 20(7), 567-590.

- Mental Health Advisory Team – V (2008). *Operation Iraqi Freedom 06-08: Iraq/Operation Enduring Freedom 8: Afghanistan*. Office of the Surgeon General, United States Army Medical Command.
- Morin, C. M., Vallieres, A., Guay, B., Ivers, H., Savard, J., Merette, C. ... Baillargeon, L. (2009). Cognitive behavioral therapy, singly and combined with medication, for persistent insomnia: A randomized controlled trial. *Journal of the American Medical Association*, 301(19), 2005-2015.
- Morin, C.M., Bootzin, R.R., Buysse, D.J., Edinger, J.D., Espie, C.A., & Lichstein, K.L. (2006). Psychological and behavioral treatment of insomnia: Update of the recent evidence (1998-2004). *Sleep*, 29, 1398-1414.
- Nappi, C. M., Drummond, S. P. A., Thorp, S. R., & McQuaid, J. R., (2010). Effectiveness of Imagery Rehearsal Therapy for the treatment of combat-related nightmares in veterans. *Behavior Therapy*, 41, 237-244.
- National Institutes of Health, (2005). *NIH state-of-the-science conference statement on manifestations and management of chronic insomnia in adults*. Retrieved from: <http://consensus.nih.gov/2005/insomniastatement.htm>.
- Perlis, M.L., Jungquist, C., Smith, M.T., & Posner, D. (2005). *Cognitive behavioral treatment of insomnia: A session-by-session guide*. New York, NY: Springer.
- Perlman, L. M. Arnedt, J. T., Earnheart, K. L., Gorman, A. A., & Shirley, K. G. (2008). Group cognitive-behavioral therapy for insomnia in a VA mental health clinic. *Cognitive and Behavioral Practice*, 15, 426-434.
- Picchioni, D., Hope, C.R., & Harsh, J.R. (2007). A case-control study of environmental risk factors for narcolepsy. *Neuroepidemiology*, 29(3), 185-192.
- Pillar, G., Malhotra, A., Lavie, P., (2000). Post-traumatic stress disorder and sleep: What a nightmare! *Sleep Medicine Reviews*, 4(2), 183-200.
- Raskind, M.A., Perkind, E.R., Kanter, E.D., Petrie, E.C. Radant, A., Thompson, C. E., ... McFall, M. M. (2003). Reduction of nightmares and other PTSD symptoms in combat veterans by prazosin: A placebo-controlled study. *American Journal of Psychiatry*, 160(2), 371-373.
- Ross, R.J., Ball, W.A., Sullivan, K.A., & Caroff, S. N. (1989). Sleep disturbance as a hallmark of post-traumatic stress disorder. *American Journal of Psychiatry*, 14(6), 697-707.
- Sateia, M.J., Doghramji, K., Hauri, P.J., & Morin C.M. (2000). Evaluation of chronic insomnia. An American Academy of Sleep Medicine review. *Sleep*, 23, 243-308.
- Scheuder, B. J. N., Kleijn, W. C., & Rooijmans, H. G. M. (2000). Nocturnal re-experiencing more than forty years after war trauma. *Journal of Traumatic Stress*, 13, 453-463.

- Shoham-Salomon, V., & Rosenthal, R. (1987). Paradoxical interventions: a meta-analysis. *Journal of Consulting and Clinical Psychology, 55*, 22-28.
- Spielman, A.J., & Anderson, M.W. (1999). The clinical interview and treatment planning as a guide to understanding the nature of insomnia: The CCNY interview for insomnia (pp. 385-426). In S. Chokroverty (Eds.) *Sleep disorders medicine: basic science, technical considerations and clinical aspects* (2nd Edition). Boston, MA: Butterworth-Heinemann.
- Spielman, A.J., Saskin, P., & Thorpy, M.J. (1987). A behavioral perspective on insomnia treatment. *Psychiatric Clinics of North America, 10*(4), 541-553.
- Spoormaker, V. I., & Montgomery, P. (2008). Disturbed sleep in post-traumatic stress disorder: Secondary symptom or core feature? *Sleep Medicine Reviews, 12*, 169-184.
- Swanson, L. M., Favorite, T. K., Horin, E., & Arnedt, T. (2009). A combined group treatment for nightmares and insomnia in combat veterans: A pilot study. *Journal of Traumatic Stress, 22*(6), 639-642.
- Thompson, K., Hamilton, M., & West, J. (1995). Group treatment for nightmares in veterans with combat-related PTSD. *National Center for PTSD Clinical Quarterly, 13-17*.
- Zayfert, C., & DeViva, J.C. (2004). Residual insomnia following cognitive behavioral therapy for PTSD. *Journal of Traumatic Stress, 17*(1), 69-73.