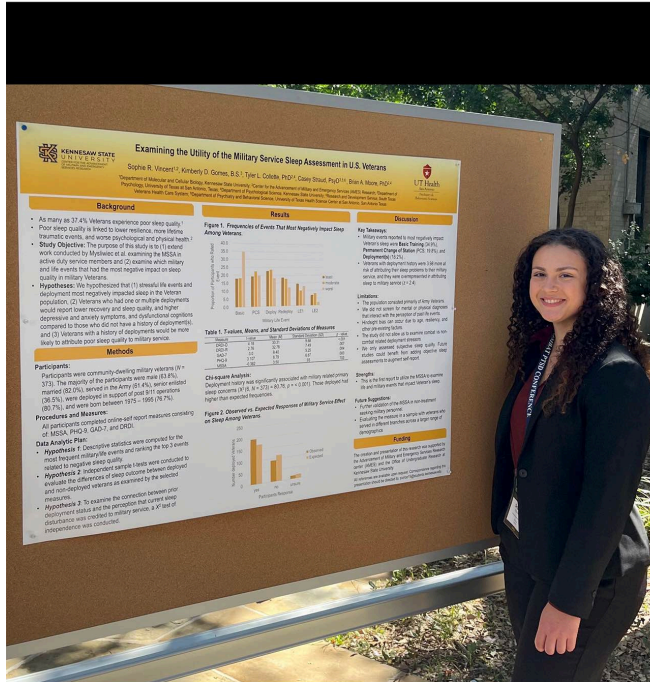


# AMES IN ACTION NOVEMBER 2023



## ASSESSING VETERANS' SLEEP



### WHAT DID AMES DO?

AMES Intern Sophie Vincent recently presented a research project at the 8th Annual Combat PTSD Conference in San Antonio, Texas. The title of the project was "Examining the Utility of the Military Service Sleep Assessment in U.S. Veterans." The project delivered the MSSA to a sample of veterans and identified life events that impacted sleep. It is important to use assessments that have been tailored in a specific population, and this project provides a useful tool for understanding sleep in the veteran population.

### HOW DOES THIS APPLY TO THE MILITARY, VETERANS, EMERGENCY SERVICES, AND/OR THE COMMUNITY?

It is important to obtain an adequate quantity and quality of sleep for both health and performance. Measuring sleep quantity and quality among service members differs from the general population, requiring a population-specific assessment such as the MSSA. Prior to this research, it was not known if the MSSA would be a useful tool for assessing sleep in veterans. This research found that the MSSA was a useful tool for assessing sleep in veterans, as well as understanding stressful life events that impact sleep for veterans.

### HOW CAN YOU APPLY THIS INFORMATION?



USE THE  
RIGHT TOOL



LEARN MORE  
ABOUT SLEEP



PRACTICE SLEEP  
HYGIENE

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Researchers who are interested in studying sleep should use the right assessment tools. Choose reliable and valid instruments, and choose assessments that have been tailored to your population when possible.

Sleep is an important part of our life, but most people don't know what sleep actually is or why we need sleep. Sleep education can build this important foundation and correct common sleep myths.

Brushing your teeth is part of your daily hygiene. Daily sleep hygiene is important too! For example, avoid heavy food and alcohol before bed and minimize screen use before bed time.