



Key Points Summary

Leng, Y., Byers, A. L., Barnes, D. E., Peltz, C. B., Li, Y., & Yaffe, K. (2021). Traumatic Brain Injury and Incidence Risk of Sleep Disorders in Nearly 200,000 US Veterans. *Neurology*, 96(13), e1792–e1799. <https://doi.org/10.1212/WNL.0000000000011656>

Primary Question this Study Addresses

Do veterans with traumatic brain injury (TBI) have an increased risk of sleep disorders?

Study Findings That Add to Our Knowledge

In this large sample, age-matched study of veterans with and without TBI at about 5 years post-injury, about 20% developed sleep disorders.

After adjustment for covariates, those who had TBI compared to those without TBI were 41% more likely to develop any sleep disorder. Veterans with TBI were 28% more likely to develop sleep apnea, 50% more likely to develop insomnia, and 33% more likely to develop sleep-related movement disorders. Sleep problems remained after a 2-year lag.

How Study Evidence Might Be Used in Practice

Veterans diagnosed with TBI likely have an increased risk of a wide range of sleep disorders. Clinicians should be alert to signs and symptoms of sleep disorders, if undiagnosed, and make appropriate referrals for assessment and treatment.

For more information on sleep disorders, visit:

 [Resource](#)

To access the study abstract, click here:

 [Abstract](#)

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