

## WEB RESOURCES

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### After Deployment Wellness Resources for the Military Community

*Topics, Assessments, and Videos:*

- Post-Traumatic Stress
- Physical Injury
- Anxiety
- Health & Wellness
- Military Sexual Trauma
- Tobacco
- Work Adjustment
- Mild Traumatic Brain Injury
- Sleep
- Depression
- Life Stress
- Alcohol & Drugs
- Families with Kids
- Resilience
- Stigma
- Families & Friendships
- Spirituality
- Anger

<http://afterdeployment.org/>

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#### LINKS:

Sleep Disorders

<http://www.sleepeducation.com/>

From the American Academy of Sleep Medicine.

Provides facts about sleep, sleep disorders, treatments and services.

Insomnia Fact Sheet from Association for Cognitive and Behavioral Therapies

<http://www.abct.org/docs/Members/FactSheets/INSOMNIA%200707.pdf>

Printable pamphlet with information on insomnia, common causes of sleep problems, evaluation and treatment alternatives.

In Brief: Your Guide to Healthy Sleep pamphlet

<http://www.nhlbi.nih.gov/health/public/sleep/healthysleepfs.pdf>

Guide to getting a healthy night's sleep, published by the U.S. Department of Health and Human Services.

HelpGuide.org

[http://www.helpguide.org/life/sleep\\_disorders.htm](http://www.helpguide.org/life/sleep_disorders.htm)

In-depth guide on sleep disorders, including symptoms, tests, and treatment. Contains numerous links to other sleep-related sites.

Military OneSource

[www.militaryonesource.com](http://www.militaryonesource.com)

Contains numerous articles and information on sleep including:

- Why is sleep important?
- What happens during sleep?
- Sleep and disease
- How much sleep do you need?
- Tips for getting a good night of sleep
- Sleep Apnea
- Tips for Daytime Sleepers (for shiftworkers)
- Tips on how to get and protect daytime sleep
- Getting a Good Night's Sleep

#### BOOKS:

The Insomnia Answer. Glovinsky, Paul and Spielman, Arthur. New York: Berkley Publishing Group, 2006.

A personalized program for identifying and overcoming the three types of insomnia.

Say Good Night to Insomnia. Jacobs, Gregg D. New York: Henry Holt and Company, LLC, 1998.

This book teaches you how to overcome insomnia by learning the facts about sleep, changing the way you think about sleep, and using sleep-promoting habits.

No More Sleepless Nights (Revised Edition). Hauri, Peter and Linde, Shirley. New York: Wiley and Sons, 1996.

Offers an internationally acclaimed sleep therapy program for readers to customize to their own lifestyle.

The Promise of Sleep. Dement, W.C., and Vaughn, C. Delacorte Press. 2000.

A hands-on prescription for a better night's sleep. Also includes self-tests, information on prescription and over-the-counter sleep aids, and tips addressing insomnia, jet-lag, snoring and other sleep-related problems.

Trauma and Dreams. Barrett, Deirdre. Harvard University Press, 2001.

Offering dream research and tips for using dreams for healing from PTSD and other trauma-related disorders, based on direct clinical experience.

#### BLOGS:

WebMD

<http://blogs.webmd.com/sleep-disorders/>

Dr. Michael Breus shares information and advice on sleep disorder and insomnia treatments and causes.

Popular Science

<http://popsci.typepad.com/popsci/2007/10/sleep-deprivati.html>

Articles and readers' blogs about sleep, sleep deprivation and common sleeping problems.

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### **Society of Behavioral Sleep Medicine (SBSM)**

The Society of Behavioral Sleep Medicine is an interdisciplinary organization committed to advancing the scientific approach to studying the behavioral, psychological, and physiological dimensions of sleep and sleep disorders and the application of this knowledge to the betterment of individuals and societies worldwide.

<http://www.behavioralsleep.org/>

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### **American Academy of Sleep Medicine (AASM)**

VISION: The AASM is the leader in setting standards and promoting excellence in sleep medicine health care, education and research.

MISSION: The American Academy of Sleep Medicine's mission is to serve its members and advance the field of sleep health care by:

- Setting the clinical standards for the field of sleep medicine
- Advocating for recognition, diagnosis and treatment of sleep disorders
- Educating professionals dedicated to providing optimal sleep health care
- Fostering the development and application of scientific knowledge

<http://www.aasmnet.org/>

Online Learning Center: Learning Modules, Practice Exams, Education in Sleep Medicine:

<http://www.aasmnet.org/learningcenter/home.aspx>

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### **Find a Sleep Center**

Sleepcenters.org is compiled and published by the American Academy of Sleep Medicine (AASM) as a reference source of professional information on AASM accredited center and laboratory members.

<http://www.sleepcenters.org/index.aspx>

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### **WebMD: Sleep Disorders**

What is insomnia? How do you know if you have a sleep disorder? Here you'll find information on the risks of developing a sleep disorder in adults and children and what you can do to prevent them.

<http://www.webmd.com/sleep-disorders/guide/sleep-disorders-overview-facts>

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## **Cognitive Behavioral Treatment for Insomnia**

Insomnia treatment: Cognitive behavioral therapy instead of sleeping pills

Insomnia is a serious disorder, and effective insomnia treatment can be crucial to getting the sleep you need. Until fairly recently, there were few safe, effective, nondrug insomnia treatments.

<http://www.mayoclinic.com/health/insomnia-treatment/SL00013>

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## **Chill Drills**

The drills are specially designed to keep service members calm and focused on deployment, and to help ease the stresses of returning home after combat. Service members who start using Chill Drills before deployment can find it easier to handle stress later on in the deployment cycle.

Chill Drills Playaway contains five specially designed tracks, each with its own focus:

- Tuning in
- Releasing stress
- Easing back pain
- Getting to sleep
- Music to chill by (just music)

Available as a free device and/or download:

To download to your computer or iPod-

<http://www.militaryonesource.com/MOS/FindInformation/Category/Topic/Issue/Material/CDTracks.aspx?MaterialID=16841>

Order a battery powered MP3 player, pre-loaded with the Chill Drills - Go to

<http://www.militaryonesource.com/chilldrills>. Create a log-in, add it to your basket, and then fill in your shipping information.

Other audio books are available through: <http://militaryonesource.mylibraryaudio.com/>

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## **The Post-9/11 GI-Bill**

The Post-9/11 GI Bill provides financial support for education and housing to individuals with at least 90 days of aggregate service on or after September 11, 2001, or individuals discharged with a service-connected disability after 30 days. You must have received an honorable discharge to be eligible for the Post-9/11 GI Bill.

[http://www.gibill.va.gov/benefits/post\\_911\\_gibill/index.html](http://www.gibill.va.gov/benefits/post_911_gibill/index.html)

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## Veterans of Foreign Wars (VFW)

**MISSION:** To foster camaraderie among United States veterans of overseas conflicts. Also, to serve our veterans, the military, and our communities and to advocate on behalf of all veterans.

**VISION:** Ensure that veterans are respected for their service, always receive their earned entitlements, and are recognized for the sacrifices they and their loved ones have made on behalf of this great country.

<http://www.vfw.org/>

<http://www.vfw.org/Assistance/National-Veterans-Service/>

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## Veterans Affairs (VA)

VA provides a wide range of benefits including, Disability, Education and Training, Vocational Rehabilitation and Employment, Home Loan Guaranty, Dependant and Survivor Benefits, Medical Treatment, Life Insurance and Burial Benefits. [VA Benefits in Brief](#) is a printable document that provides an at-a-glance description of VA benefits, as well as contact phone numbers and locations.

<http://www.va.gov/>

VA Benefits in Brief:

<http://www.vba.va.gov/pubs/forms/VBA-21-0760-ARE.pdf>

Local VA Locator:

<http://www2.va.gov/directory/guide/home.asp?isFlash=1>

VA Benefit Information:

<http://www.vba.va.gov/bln/21/Benefits/>

VA Returning Service Members (OEF/OIF):

<http://www.oefoif.va.gov/>

FAQs:

<http://www.oefoif.va.gov/FAQs.asp>

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## Military OneSource

Military OneSource includes articles, resource guides, calculators, Web links, locators, toolkits and other helpful information about various issues and stages of life. You name it...we can help.

<http://www.militaryonesource.com/MOS/Tools.aspx>

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## Vets4Vets

Vets4Vets is a non-partisan organization dedicated to helping Iraq and Afghanistan-era veterans to heal from the psychological injuries of war through the use of peer support.

<http://vets4vets.us/>

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### "Military Families Cope with Change"

Sesame Street's Talk, Listen, Connect initiative aims to provide support and significant resources for military families with children ages 2-5 who are affected by deployments and combat related injuries.

<http://www.sesameworkshop.org/initiatives/emotion/tlc/changes>

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### Long Road Home

WQED's Long Road Home website shares stories and offers advice to veterans and their families who are coping with the emotional wounds of war.

<http://wqed.org/tv/specials/long-road-home.php>

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### Operation Homefront: Financial Assistance

Operation Homefront provides financial assistance for the following:

- Food Assistance
- Auto Repair
- Moving Assistance
- Vision Care
- Homefront Celebrations
- OH Villages
- Financial Assistance
- Travel and Transportation
  
- Home Repair
- Essential Home Items
- Morale Donated Items
- Morale Holiday Programs
- Community Events

Hearts of Valor  
Military Child of the Year®  
Homes on the Homefront

<http://www.operationhomefront.net/wehelp.aspx>

Phone: 210-659-7756