

TABLE 2. Service Members Diagnosed with Chronic Insomnia and Matched Unexposed Cohort Used in Time-to-Separation Analysis, Active Component, U.S. Armed Forces, 2014–2023

Characteristics	Chronic Insomnia		Unexposed Matched Cohort		Chi-square <i>p</i> -value ^a
	No.	%	No.	%	
Total	126,733	100	126,733	100	
Year of matching, diagnosis					1.0000
2014	11,215	8.8	11,215	8.8	
2015	12,902	10.2	12,902	10.2	
2016	14,044	11.1	14,044	11.1	
2017	12,587	9.9	12,587	9.9	
2018	11,137	8.8	11,137	8.8	
2019	11,844	9.3	11,844	9.3	
2020	11,192	8.8	11,192	8.8	
2021	13,741	10.8	13,741	10.8	
2022	14,163	11.2	14,163	11.2	
2023	13,908	11.0	13,908	11.0	
Branch of service					<0.0001
Army	71,497	56.4	39,480	31.2	
Navy	20,675	16.3	35,580	28.1	
Air Force	23,011	18.2	33,121	26.1	
Marine Corps	11,550	9.1	18,552	14.6	
Sex					1.0000
Male	97,077	76.6	97,077	76.6	
Female	29,656	23.4	29,656	23.4	
Race and ethnicity					<0.0001
White, non-Hispanic	60,288	47.6	72,903	57.5	
Black, non-Hispanic	32,615	25.7	19,775	15.6	
Hispanic	20,015	15.8	18,956	15.0	
Other	11,505	9.1	12,919	10.2	
Unknown	2,310	1.8	2,180	1.7	
Marital status					<0.0001
Single	38,439	30.3	46,473	36.7	
Married	77,348	61.0	73,089	57.7	
Other	10,925	8.6	7,060	5.6	
Unknown	21	0.0	111	0.1	
Age, y					<0.0001
<20	3,778	3.0	6,355	5.0	
20–24	30,233	23.9	30,713	24.2	
25–29	27,714	21.9	26,612	21.0	
30–34	20,274	16.0	19,647	15.5	
35–39	23,083	18.2	21,772	17.2	
40+	21,651	17.1	21,634	17.1	
Rank					<0.0001
Junior enlisted (E1–E4)	46,172	36.4	46,064	36.3	
Senior enlisted (E5–E9)	65,188	51.4	56,567	44.6	
Junior officer (O1–O3)	5,914	4.7	10,209	8.1	
Senior officer (O4–O10)	6,368	5.0	11,763	9.3	
Warrant officer	3,091	2.4	2,130	1.7	
Military occupation					<0.0001
Infantry, artillery, armor, combat engineering	17,697	14.0	15,718	12.4	
Motor transport	4,375	3.5	3,431	2.7	
Pilot, air crew	1,560	1.2	5,514	4.4	
Repair, engineering	32,105	25.3	38,094	30.1	
Communications, intelligence	34,512	27.2	28,036	22.1	
Health care	15,360	12.1	11,411	9.0	
Other	21,124	16.7	24,529	19.4	
Deployment prior to matching					<0.0001
Never deployed	61,542	48.6	63,790	50.3	
1 deployment	23,792	18.8	23,610	18.6	
2+ deployments	41,399	32.7	39,333	31.0	
Time in service at matching, y					<0.0001
<5	46,949	37.0	49,962	39.4	
5–<10	26,852	21.2	25,262	19.9	
10–<18	24,893	19.6	24,753	19.5	
18+	28,039	22.1	26,756	21.1	

Abbreviations: No., number; y, years.
^aSignificant *p*-values (<0.0001) for matched variables are an artifact of displaying continuous ±365-day matches in categorical groups.