

TABLE 3. Demographic and Medical Factors, Diagnoses of Chronic Insomnia, Early Separation Versus Term Completion Controls, Active Component, U.S. Armed Forces, 2014–2023

Characteristics	Early Separation Cases		Term-Completion Controls		Odds Ratio	95% CI LL	95% CI UL	p-value
	No.	%	No.	%				
Total	29,282	100	26,397	100				
Branch of service								
Army	20,678	70.6	12,202	46.2	Reference			
Navy	3,238	11.1	4,816	18.2	0.40	0.38	0.42	<0.0001
Air Force	3,225	11.0	6,106	23.1	0.31	0.30	0.33	<0.0001
Marine Corps	2,141	7.3	3,273	12.4	0.39	0.36	0.41	<0.0001
Sex								
Male	21,907	74.8	21,322	80.8	Reference			
Female	7,375	25.2	5,075	19.2	1.41	1.36	1.47	<0.0001
Race and ethnicity								
White, non-Hispanic	13,745	46.9	12,789	48.4	Reference			
Black, non-Hispanic	8,344	28.5	6,758	25.6	1.15	1.10	1.20	<0.0001
Hispanic	4,500	15.4	3,869	14.7	1.08	1.03	1.14	0.0017
Other	2,174	7.4	2,301	8.7	0.88	0.83	0.94	<0.0001
Unknown	519	1.8	680	2.6	0.71	0.63	0.80	<0.0001
Marital status								
Single	9,182	31.4	5,094	19.3	Reference			
Married	17,744	60.6	18,437	69.8	0.53	0.51	0.56	<0.0001
Other	2,352	8.0	2,863	10.8	0.46	0.43	0.49	<0.0001
Unknown	4	0.0	3	0.0	0.74	0.17	3.31	0.6931
Age, y								
<20	1,171	4.0	266	1.0	Reference			
20–24	8,104	27.7	3,283	12.4	0.56	0.49	0.64	<0.0001
25–29	7,376	25.2	2,887	10.9	0.58	0.51	0.67	<0.0001
30–34	5,606	19.1	2,533	9.6	0.50	0.44	0.58	<0.0001
35–39	4,018	13.7	7,871	29.8	0.12	0.10	0.13	<0.0001
40+	3,007	10.3	9,557	36.2	0.07	0.06	0.08	<0.0001
Rank								
Junior enlisted (E1–E4)	13,026	44.5	4,593	17.4	Reference			
Senior enlisted (E5–E9)	13,793	47.1	17,066	64.7	0.29	0.27	0.30	<0.0001
Junior officer (O1–O3)	1,359	4.6	922	3.5	0.52	0.48	0.57	<0.0001
Senior officer (O4–O10)	571	2.0	2,781	10.5	0.07	0.07	0.08	<0.0001
Warrant officer	533	1.8	1,035	3.9	0.18	0.16	0.20	<0.0001
Military occupation								
Infantry, artillery, armor, combat engineering	4,732	16.2	3,263	12.4	Reference			
Motor transport	1,296	4.4	740	2.8	1.21	1.09	1.34	0.0002
Pilot, air crew	211	0.7	459	1.7	0.32	0.27	0.38	<0.0001
Repair, engineering	6,989	23.9	6,660	25.2	0.72	0.68	0.77	<0.0001
Communications, intelligence	7,765	26.5	7,819	29.6	0.69	0.65	0.72	<0.0001
Health care	3,521	12.0	3,236	12.3	0.75	0.70	0.80	<0.0001
Other	4,768	16.3	4,220	16.0	0.78	0.73	0.83	<0.0001
Deployment prior to incident diagnosis								
Never deployed	13,878	47.4	6,332	24.0	Reference			
1 deployment	6,518	22.3	5,264	19.9	0.57	0.54	0.59	<0.0001
2+ deployments	8,886	30.3	14,801	56.1	0.27	0.26	0.29	<0.0001
Time in service at incident diagnosis, y								
<5	8,182	27.9	2,259	8.6	Reference			
5–<10	9,214	31.5	4,102	15.5	0.62	0.58	0.66	<0.0001
10–<18	7,117	24.3	1,711	6.5	1.15	1.07	1.23	0.0001
18+	4,769	16.3	18,325	69.4	0.07	0.07	0.08	<0.0001
Co-occurring diagnoses within ±365 days of incident diagnosis								
Alcohol, substance use disorder	5,648	19.3	2,252	8.5	2.56	2.43	2.70	<0.0001
Anxiety disorder	16,303	55.7	11,121	42.1	1.73	1.67	1.78	<0.0001
Depressive disorder	15,738	53.7	8,487	32.2	2.45	2.37	2.54	<0.0001
Adjustment disorder	19,364	66.1	11,982	45.4	2.35	2.27	2.43	<0.0001
PTSD	10,549	36.0	6,445	24.4	1.74	1.68	1.81	<0.0001
Bipolar disorder	993	3.4	200	0.8	4.60	3.95	5.36	<0.0001
TBI	5,874	20.1	3,009	11.4	1.95	1.86	2.05	<0.0001
Chronic pain	11,512	39.3	6,251	23.7	2.09	2.01	2.17	<0.0001
None	2,256	7.7	6,144	23.3				

Abbreviations: No., number; CI, confidence interval; LL, lower limit; UL, upper limit; y, years; PTSD, post-traumatic stress disorder; TBI, traumatic brain injury.