

TABLE 5. Adjusted Odds Ratios for Early Separation, Chronic Insomnia Diagnoses, Active Component, U.S. Armed Forces, 2014–2023

Characteristics	Adjusted Odds Ratio	95% CI LL	95% CI UL
Sex			
Male	Reference		
Female	1.26	1.19	1.32
Branch of service			
Army	Reference		
Navy	0.37	0.35	0.40
Air Force	0.32	0.30	0.34
Marine Corps	0.26	0.24	0.28
Age, y			
<20	Reference		
20–24	0.53	0.46	0.61
25–29	0.59	0.50	0.69
30–34	0.51	0.43	0.60
35–39	0.10	0.09	0.12
40+	0.07	0.05	0.08
Race and ethnicity			
White, non-Hispanic	Reference		
Black, non-Hispanic	1.08	1.03	1.14
Hispanic	1.01	0.95	1.07
Other	0.94	0.87	1.02
Unknown	1.12	0.97	1.28
Rank			
Junior enlisted (E1–E4)	Reference		
Senior enlisted (E5–E9)	0.59	0.55	0.63
Junior officer (O1–O3)	1.05	0.93	1.17
Senior officer (O4–O10)	0.37	0.33	0.42
Warrant officer	0.48	0.41	0.55
Military occupation			
Infantry, artillery, armor, combat engineering	Reference		
Motor transport	1.16	1.02	1.30
Pilot, air crew	1.03	0.84	1.28
Repair, engineering	1.02	0.95	1.09
Communications, intelligence	0.89	0.83	0.96
Health care	0.89	0.82	0.97
Other	1.08	1.00	1.17
Marital status			
Single	Reference		
Married	1.23	1.16	1.31
Other	1.06	0.97	1.15
Unknown	0.98	0.18	5.31
Co-occurring diagnoses within ±365 days of chronic insomnia diagnosis			
No listed diagnosis	Reference		
Alcohol, substance use disorder	1.45	1.36	1.54
Anxiety disorder	1.17	1.12	1.22
Depressive disorder	1.67	1.59	1.74
Adjustment disorder	1.30	1.25	1.36
PTSD	1.66	1.58	1.75
Bipolar disorder	2.52	2.12	3.00
TBI	1.67	1.58	1.77
Chronic pain	2.06	1.97	2.16
Behavioral therapy or CPG-concordant pharmacotherapy within 365 days of chronic insomnia diagnosis			
No	Reference		
Yes	1.12	1.07	1.17

Abbreviations: CI, confidence interval; LL, lower limit; UL, upper limit; y, years; PTSD, post-traumatic stress disorder; TBI, traumatic brain injury.