

Carlos

Carlos is a 37-year-old Hispanic male who served in the Army. He was deployed to Iraq as part of the Gulf War. He did not suffer any injuries during deployment. He began having difficulty sleeping as a teenager. At that time he began having trouble falling asleep at night. In the mornings he had considerable difficulty waking up to get to school and was frequently late. On the weekends he tended to stay up late at night and sleep in late during the day. He has continued to have sleep problems since then. During his time in the Army, he had a tough time with the early wake-up time. Carlos has tried several sleeping medications in the past, but they were not effective.

Donna

Donna is a 33-year-old Caucasian female who served 2 years as an Army nurse. She was referred for insomnia treatment by her provider at the Women's Clinic. Donna currently works as a telephone dispatcher in a shipping company. She has been married to her husband for 8 years and does not have children. Donna reports having insomnia "her whole life." Her insomnia worsened after she was discharged, following a "nervous breakdown". An overnight sleep study ruled out sleep apnea. She was prescribed zolpidem for her insomnia, which she took for one night but "slept worse." As a result, she is not interested in taking any sleep medications.

She spends the evenings in her bedroom. Donna gets into bed between 8 and 9 p.m. and watches TV until she falls asleep, usually around 10 or 11 p.m. She gets up at 6 a.m. on workdays and tries to sleep in later on weekends. She has trouble falling asleep and wakes up early in the morning. She reports being fatigued during the day and believes her insomnia impacts her work and home life. She is also worried about the health consequences of poor sleep. Her goals are to sleep more and feel better during the day.

Pete

Pete is a 28-year-old African American male who served in the Army and deployed two times as part of Operation Iraqi Freedom from 2002 to 2006. During his second deployment, he served in a route clearance platoon and spent much of his time clearing fields of IEDs. Approximately 10 months into his second tour, an uncontrolled explosion by an IED killed his close friend, severely maimed another friend, and threw him across the field, knocking him unconscious. Pete said that his sleep has been poor ever since the explosion.

Pete goes to bed between 1 and 2 a.m. and gets out of bed between 7 and 10 a.m. He has trouble falling asleep and awakens repeatedly throughout the night and during the early morning, often from nightmares. When he awakens during the night, he gets up to check the doors and windows and then has considerable difficulty getting back to sleep. His goal is to sleep better so he can "cope with life better."

Rosa

Rosa is a 28-year-old Hispanic female Veteran of the Iraq War who was referred for CBT-I by her therapist because of trouble falling and staying asleep. Rosa was recently discharged from the military and is living with her parents because she cannot afford to live on her own. She has been socially isolated since being home and spends a lot of time in her room during the day and evening to stay out of her parents' way. She is in therapy for depression and takes 20 mg escitalopram each morning.

Rosa reports going to bed between 9 and 10 p.m. It takes her 2-to-3 hours to fall asleep and she is up 2-to-3 times in the middle of the night, for a total of 1-to-2.5 hours. She is in bed, on average 11 hours, and sleeps, on average 7 hours. She reports ruminating at night about feeling she is a burden to her parents, her limited resources, and the recent breakup from her boyfriend. She stated, "she just wants to sleep well like she used to."