

Western Institute of Nursing Research Webinar Proposed Presentation		
Title: Optimizing Operational Readiness: Evidence-Based Sleep Health and Insomnia Management for Service Members		
Description: Sleep is an essential component of military health, resilience, and operational readiness. This one-hour presentation examines the role of sleep in optimizing service members' performance and mission effectiveness. Topics include foundational sleep science, theoretical models of insomnia development, prevalence of insomnia among military service members, evidence-based pharmacologic and nonpharmacologic interventions, and available military and veteran resources to support sleep health. The presentation will also review relevant literature on the impact of sleep loss on military pilot performance, highlighting how inadequate sleep can impair vigilance, concentration, reaction time, and decision-making in operational environments where performance is critical to mission success and safety.		
	Topics Covered	Team Presenter
1	Describe foundational sleep concepts.	Dr. Joshua Lennon
2	Describe theoretical model for the development of insomnia (3P Model of Insomnia) and factors contributing to insomnia development in service members.	Dr. Joshua Lennon
3	Describe the adapted symptom management model for Service Members (insomnia focused)	Dr. Heather King
4	Examine the prevalence of insomnia and impact of insomnia among military personnel.	Maj Tatiana Gonzalez
5	Discuss the impact of sleep loss on military pilot performance and operational readiness, including effects on vigilance, reaction time, decision-making, and flight safety. *	Dr. Laura Talbot
6	Describe evidence-based insomnia interventions (pharmacologic & nonpharmacologic) including findings from recent systematic reviews of nonpharmacologic sleep interventions.	Dr. Heather King

7	Describe resources available to support sleep health and insomnia management in service members (H2F teams, VA Developed Apps, and military resources).	LTC Allison Ferro
	Learning Outcomes After participating in this webinar, attendees will be able to:	
1	Describe the foundational sleep concepts and the impact of insomnia on military readiness and performance.	
2	Discuss evidence-based pharmacologic and nonpharmacologic interventions for improving sleep health in service members.	
3	Recognize the effects of sleep deprivation on operational performance, including military pilot vigilance, reaction time, decision-making and mission readiness.	
Presenters: Dr. Heather King, PhD, PMHNP-BC, FAAN Assistant Professor (Voluntary) University of Tennessee Health Sciences Clinical Associate Professor Pacific Lutheran University Dr. Joshua Lennon, MD, ABPN/ABMS Assistant Professor University of Tennessee Health Sciences LTC Allison Ferro, PhD, MHA, RN, NE-BC, FACHE Lieutenant Colonel, U.S. Army Nurse Corps Assistant Professor, Army-Baylor MHA/MBA Programs Maj Tatiana Gonzalez, PhD, MSN, RN Nellis Air Force Base, U.S. Air Force Nurse Corps Military Nurse Scientist Dr. Laura Talbot, PhD, EdD, RN UTHSC Distinguished Professor		

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