

# COVID-19 Policy Changes for Airmen in Technical Training Yield Mixed Results for Sleep Quality and Sleep Behaviors

## Examining the Differences in the Sleep of Airmen in Technical Training Following COVID-19 Restrictions to Inform Adaptation of a Population-Level Intervention

	pre-COVID	post-COVID	95% CI	
1. Good Sleep Quality	17.4%	26.5%	(-.179, -.002)	↑
2. < 6 hours per night	45.0%	33.1%	(.016, .222)	↑
3. Bed used for other activities than sleep	34.0%	24.0%	(.005, .195)	↓
4. Think plan or worry in bed	39.0%	31.0%	(-0.46, .160)	
5. Caffeine or ETOH use < 4 hours before sleep	72.0%	71.0%	(-.086, .106)	
6. Daytime naps > 2 hours	77.6%	65.2%	(.028, .220)	↑
7. Hard time getting things done due to sleepiness	29.8%	36.8%	(-.170, .030)	
8. Problems during the day because of poor sleep	26.8%	39.4%	(-.226, -.026)	↓
9. Difficulty concentrating due to poor sleep	26.7%	39.0%	(-.223, -.023)	↓
10. Sleep interfering with daily functioning	23.7%	27.7%	(-.133, .053)	

**Objective:** Examine how COVID-19 restrictions impacted sleep health among Airmen in Technical Training, and to inform the development of a population-level sleep intervention.

### COVID-19 Policy Changes for Air Force Technical Trainees

1. Restricted to Base
2. No day trips or spending the night off base on weekends
3. Can't Sponsor others on base (e.g., family)
4. ETOH limited to Airmen's Club (limited capacity)
5. Obstacles to Fitness/Sports (long lines)
6. Face Coverings and Social Distancing
7. Scholastic expectations remain unchanged

**Methods:** In Feb 2020, a survey was administered to 189 Airmen engaged in Air Force technical training (Mean age = 20.71; 85% Male). In Jan 2021, the same survey was administered to 154 different Airmen at the same training site (Mean age = 20.79; 82.05% Male). 95% confidence intervals were calculated to determine if the difference between proportions of Airmen endorsing specific sleep problems/behaviors between the two samples was significantly different. Airmen were administered the Self-Assessment of Sleep Survey (SASS-Y), PROMIS scales, and Sleep Hygiene Index.

**Note:** Item 1 = % of trainees who endorsed "agree" or "strongly agree"; Item 2 = sleep duration calculated from SASS-Y; Items 3-6 = % who endorsed "frequently" or "always"; Items 7-10 = % who endorsed "quite a bit" or "very much"; green arrow = sig positive trend; red arrow = sig negative trend.

ELLIS, J.M.; Patience, M.; Blue Star, J.; Estevez-Burns, R; Krunnusz, A; Jones, J.; Williams, J.; Aycock, C.; & Talcott, G.

Corresponding Author: Jordan M. Ellis, PhD Capt, USAF  
Jordan.m.ellis11.mil@mail.mil

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