



How are sleep and tobacco use related?

People who use tobacco are more than twice as likely to report insufficient sleep compared to non-tobacco users.

While tobacco users may report that they use tobacco to manage their sleep problems, studies show that smokers are more likely to report daytime sleepiness than nonsmokers. While the nicotine in your tobacco products may help you feel more alert during the day, it may cause and/or worsen your sleep difficulties.

What kinds of problems related to my sleep can occur when I use tobacco?

Compared to non-tobacco users, research shows that tobacco users:

- Spend more time in Stages 1 and 2 of sleep, which contributes to more fitful sleep
- Spend less time in Stage 3 of sleep, which is the period during which restful, restorative sleep occurs
- Have a higher risk for sleep-disordered breathing, such as snoring and obstructive sleep apnea

How will quitting tobacco improve my sleep?

While quitting tobacco can initially increase sleep problems because of nicotine withdrawal, they will decrease over time and your overall sleep quality will improve.

When you quit tobacco, you:

- May fall asleep faster, have less interrupted sleep, and have longer total sleep time.
- Improve your mood, functioning, and quality of life that are all associated with better sleep quality

I want to quit using tobacco — how do I get started?

- Call VA's tobacco quitline at **1-855-QUIT-VET** (1-855-784-8838) Monday-Friday, available in English & Spanish
- Sign up for VA's SmokefreeVET text messaging program—text the word **VET** to **47848** (or **VETesp** to **47848** for Spanish) or visit smokefree.gov/VET
- Talk to your VA primary care or mental health provider about tobacco cessation medications and counseling that can help you quit
- Visit mentalhealth.va.gov/quit-tobacco