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Moving Beyond “Leaning In”—It Is Time to Reach Out and Partner to Solve the Military Sleep Problem

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We thank the Editor for inviting our response to the letter from Mysliwiec and co-authors. We applauded the letter and all prior work to advance military sleep medicine. As noted in our manuscript, our largely metropolitan sample is indeed

a limitation of our study. Of course, relative to participants in our study, busy primary care managers in “sleep deserts” are likely *far less* familiar with sleep-focused clinical practice guidelines. Thus, our findings should be interpreted as a lower-bound, very conservative estimate of the need to do more.

To this end, our study is the first to engage systematically key stakeholders including patients, providers, and economic decision-makers with vested interest in improving sleep and military-relevant outcomes in the Department of Defense and Defense Health Agency. This is a vital mission, and we are encouraged by such strong interest in data generated as part of our research. Most importantly, we especially appreciate the opportunity to amplify the voices of the many diverse military stakeholders who participated in our qualitative study. To solve the military sleep problem, their voices need to be heard.

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Conflict of Interest Statement

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