



U.S. Department  
of Veterans Affairs

# It's never too late to get a better night's sleep.

People who use tobacco are 2 times as likely  
to have sleep problems. Ask your provider how  
you can start sleeping better without tobacco.

Scan to learn more at  
[MentalHealth.va.gov](https://www.mentalhealth.va.gov)



**WORLD NO TOBACCO DAY | MAY 31**