

Insomnia and TBI Research Study

Category

Sleep Disorders

Enrollment Closing Date

Jan 31, 2019

Description

This is a study available to Veterans who experience difficulties with their sleep (insomnia) and have experienced a mild traumatic brain injury. The study involves individual therapy treatment for sleep, overnight sleep studies, and research assessments.

Requirements

- *OEF/OIF/OND Veterans between the ages of 18-55
- *Willing to travel to the VA in La Jolla for all study visits
- *Have a documented history of mild TBI; experience sleep difficulties

Benefits

- *Possible relief from symptoms of insomnia
- *Investigators may learn more about how to better help treat insomnia in Veterans who have mild traumatic brain injury

**Contact
Information****Name** Jennifer Salamat**Phone** 858-552-8585 ext. 5596