Howard University &
Washington, DC VA Medical Center (DC VAMC)

# Are you a Veteran and have trouble sleeping?

**We are conducting a study to learn how to reduce the impact of thoughts and behaviors that disrupt the sleep of Veterans who have been deployed.**

**You or a friend may be eligible to participate if:**

- You were deployed in support of Operation Enduring Freedom (OEF), Operation Iraqi Freedom (OIF) & Operation New Dawn (OND)
- Physically healthy

**Procedure:**

- Rating scales
- Interview and physical examination
- Cognitive behavioral intervention or education about sleep

**To participate or for more information please contact us at**

**(202) 865-7267 or E-mail: sleepandstressprogram@gmail.com**