

**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
- Compensation provided

**To participate or for more information please contact us at  
(202) 865-7267 or E-mail: [sleepandstressprogram@gmail.com](mailto:sleepandstressprogram@gmail.com)**