



Volunteers Needed

- **OEF/OIF Veteran**
- **Brain Injury**
- **Men ages 20-60**

This study will evaluate the effectiveness of relaxation training (iRest Yoga Nidra) compared with routine symptom management for pain using psychological testing & hormone measures. To be eligible you must pass screening measures. Time: 2 visits to the VAMC per week for 8 weeks, for testing & relaxation training.

Relaxation training will involve using iPods for daily home practice.

All training materials will be provided to participants.

Call Julie Chapman, PsyD, Principal Investigator, 202-745-8000 Ext. 7553 at the DC Veteran Affairs Medical Center to learn more about this study.