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