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

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