

Trouble sleeping after a head injury?

A new, 100% virtual*, study is investigating a non-drug therapy program that you can receive from your computer or smartphone

**No in-person visits*

Purpose:

To evaluate the feasibility and efficacy of Internet-guided Cognitive Behavioral Therapy for Insomnia (eCBT-I) in Service Members and Veterans with a history of head injuries.

Traditional in-person eCBT-I is an effective treatment for insomnia.

This study aims to deliver in-person quality care using a computer or smartphone.

A possible benefit from participation is improved sleep and insomnia-related symptoms. A possible risk or discomfort is increased fatigue and/or anxiety following a brief period of mild sleep restriction. 1-2 hrs per week for 9 weeks + one 2 hr follow-up @ 3 months. Although financial compensation is not being offered, all participants will be given an opportunity to receive free open-label eCBT-I treatment upon study completion.

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(USUHS) IRB 1
IRB NUMBER: CNRM-02-9662
IRB APPROVAL DATE: 03/05/2021
IRB EXPIRATION DATE: 06/26/2021

Photo by Spc. Meleesa E Gutierrez

Protocol Title:

A Randomized, Controlled, Blinded Study of eCBT-I in Military Service Members with History of Traumatic Brain Injury

Principal Investigator:

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Interested?

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