

# 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.

# CNRM



Uniformed  
Services  
University



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

Photo by Sgt. 1st Class Michel Sauret

## **Protocol Title:**

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

## **Principal Investigator:**

David Brody, MD, PhD  
Director, Center for Neuroscience & Regenerative Medicine

## **Associated Investigator:**

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## **Interested?**

## **Contact the study team:**



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