

Study Overview

What is it?

This study is looking to see whether Veterans with PTSD can fall asleep (nap) at the VA in the afternoon while wearing an EEG cap and headphones.

Who can participate?

Veterans aged 35 to 55 who currently have a PTSD diagnosis.

What is the time commitment?

Four in-person visits over a month to the Providence VA. Each visit will be 2 to 3 hours long.

Will I be reimbursed?

You may receive up to \$275 for completing the study.

Participation is completely voluntary. You may discontinue your participation at any time without any consequence.

For more Information
Call:
(401) 273-7100 ext. 16262



Providence VA Medical Center
830 Chalkstone Ave
Providence, RI 02908

PTSD Nap Research Study



What is the Study?

- Researchers at the Providence VA Medical Center want to better understand sleep in Veterans with PTSD and sleep problems.
- To do this, study staff want to see if it is possible for Veterans to nap in the afternoon at the VA while wearing EEG equipment and if they are willing to come back for multiple sessions.
- Electroencephalograms (EEGs) look at brain activity when you are awake and asleep. The EEG equipment is like a swim cap with wires attached to it.



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What Happens During the Study?

- An initial phone screen will be done by the study staff to determine eligibility.
- If eligible, an approximately 2-hour baseline assessment will be scheduled.
- The 3 afternoon nap visits will be scheduled 4 to 7 days apart from each other. These visits are 2 to 3 hours long.
- As part of the study, you would be asked questions about your PTSD, sleep, and general well-being.

You may receive up to \$275 for completing the study.

**If Interested Call:
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Who are we?

Providence VA Medical Center

Study Principal Investigator Dr. McGeary, Ph.D. is a licensed clinical psychologist at the Providence VAMC.

Study Co-Investigator Dr. Benca-Bachman, Ph.D. is a VA researcher who specializes in understanding how poor sleep contributes to mental health problems.



All information is kept strictly confidential.