



Are you a Gulf War Veteran?

- Do you have trouble falling/staying sleeping?

- Do you have Gulf War Illness (GWI) symptoms?

You may be eligible for a non-medication insomnia treatment study for improving sleep and managing GWI symptoms.

- Telephone interviews/intervention & mail in assessments mean you can participate from home.
- Receive treatment for insomnia and up to \$435 compensation.

Why are we doing the study?

- Clinical research suggests that sleep quality affects pain, fatigue, mood, cognition, and daily functioning. We would like to find out if helping Veterans with GWI sleep better will also alleviate their other GWI symptoms.

Who can participate?

- Gulf War Veterans with insomnia and GWI.

What is the sleep treatment?

- Cognitive Behavioral Therapy for Insomnia (CBTi) is an approved method for treating insomnia without sleeping pills. Its goal is to improve sleep by changing sleep habits and misconceptions about sleep and insomnia.

What does the study involve?

- A clinical screening interview to determine eligibility, self-report questionnaires, 8 weekly CBTi sessions by phone, keeping track of your sleep/wake routine and habits in a sleep diary.

How do I find out more?

- Call Kara Dolar at 415-221-4810, x24602.

