



Do you have a Traumatic Brain Injury and difficulty sleeping? Are you interested in a non-drug treatment? **Stress Reduction Research Study for Patients with Brain Injury**

Purpose: To determine the effects of a group stress reduction program using yoga and meditation for patients with traumatic brain injury (TBI) and chronic insomnia.

Eligible Participants must be:

- 18-60 years old; men and women
- Right-handed
- Sustained a brain injury at least one year ago

Study Visits: 10-12 weeks and follow-up in 6 months, 10 visits total

- Baseline visit and follow-up visit (three hours each)
- Weekly Gentle Yoga and Breath Meditation Group Training Sessions
 - One time a week for eight weeks (two hours each session)
 - Weekend study retreat (One day for six to eight hours, lunch provided)

Procedures:

- Neuropsychological and Cognitive Testing
- Randomly assigned to receive either eight weeks of Gentle Yoga and Meditation Training or the Control Group

Stipend:

- Compensation available for completion of the study procedures
- Travel reimbursement for up to 50-mile radius

For more information or to see if you might qualify, please contact us at 571.231.2936 or svetlana.r.ho.ctr@mail.mil.



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