

Research on Chronic Sleep Disturbance After Mild TBI

Purpose:

The goal of this research is to investigate the use of non-invasive transcranial direct current stimulation (tDCS) to reduce chronic sleep disturbance in Veterans with a history of mild traumatic brain injury (mTBI).

Eligibility:

- Be a Veteran receiving services at the VA between the ages 18-65
- Have a history of mTBI within the past three years
- Have a history of chronic sleep disturbance after mTBI
- Stable on medications for one week prior to baseline visit
- Possess a smartphone and agree to use personal phone for data collection
- Have internet access

Study Details:

- tDCS is a non-invasive brain stimulation technique
- Complete two pre-intervention sessions, 10 tDCS intervention sessions over the course of three weeks (completed at home), one post-intervention session, and two follow-up sessions
- Wear a study-provided activity tracker and use your smartphone to respond to daily sleep and mood questions throughout the course of the study
- The total time commitment is about 18 hours over three months
- Compensation is provided
- There may be no benefit to you for participating in this research study

Contact for More Information:

Study Coordinator at 612-467-4140

Conducted By:

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