



## University of Colorado – Restoring Efficient Sleep after TBI (CU-REST)

We are seeking adults with a history of moderate to severe traumatic brain injury to participate in a research study about a self-directed, computerized cognitive behavioral intervention for insomnia.

All study procedures will be completed remotely and may include questionnaires, structured clinical interviews, a brief cognitive screener, and a self-directed computerized cognitive behavioral intervention for insomnia with assistance from a clinician.

You may be eligible if you are between ages 18 and 60, had a moderate to severe traumatic brain injury over a year ago, currently have insomnia, and have reliable access to the internet. Participants must be living in the State of Colorado.

Compensation will be provided.

For more information, please contact  
**Emerald Saldyt**  
720-723-6554