



# Do you have **P**ost **T**raumatic **S**tress **D**isorder or sleep problems?

## **Symptoms of PTSD:**

- Nightmares about the traumatic event
- Difficulty sleeping
- Feeling tense, on-guard, and easily startled
- Feeling irritable and easily angered
- Difficulty remembering or concentrating

VA researchers are studying how sleep disordered breathing, age, and genetics may affect memory in older adult veterans with PTSD.

## **Eligible participants:**

Male veterans 55 years old and older

## **Study participation involves:**

- A screening visit to determine eligibility
- Yearly overnight sleep apnea screening
- Neuropsychological evaluation
- All assessments and materials will be provided at no cost

Compensation up to \$250 for completion of the study.

**For more information and a confidential discussion, please contact:**

**PTSD Research Program**  
**Stanford/VA Aging Clinical Research Center**  
3801 Miranda Ave (151-Y)  
Palo Alto, CA 94304  
(650) 849-0482 (Kader Ucar)

<http://psychiatry.stanford.edu/alzheimer/ptsd.html>

For general information regarding questions, concerns, or complaints about research, research related injury, or the rights of research participants, please call (650) 723-5244 or toll-free 1-866-680-2906, or write to the Administrative Panel on Human Subjects in Medical Research,