



# DREAMSS STUDY

## PARTICIPANTS NEEDED

### Get Involved

- This study explores how sleep quality affects Veterans with insomnia & suicidal thoughts.
- Using Fitbits and daily assessments, we'll gather real-time data to better understand and reduce suicide risk.
- This study aims to better understand mental health challenges and improve treatment for Veterans.

### Eligibility Criteria

- U.S. Veteran (ages 18-65)
- Deployed in support of the War on Terror
- Experiencing sleep problems
- Had suicidal thoughts in the past 90 days
- Receiving behavioral health care
- Reside in the continental U.S.

**Compensation  
Provided!**

**Contact Us:** DREAMSS@usuhs.edu

**Interested?** Scan the QR code to see if you're eligible

<https://www.surveymonkey.com/r/DREAMSS-prescreen>

