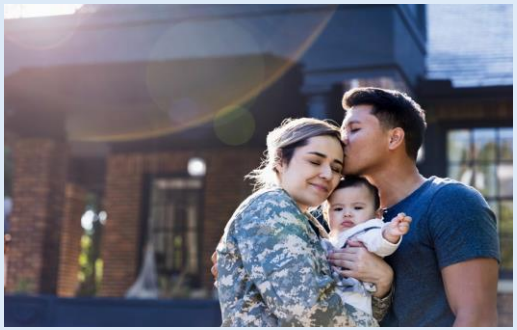
Why is NAP important?

- Insomnia is one of the most common and hard to treat PTSD symptoms.
- No medicine has been proven to effectively treat insomnia in people with PTSD.
- The **NAP Study** is exploring if two common medicines are effective in treating military veterans with insomnia from PTSD.

Mental health care for U.S. Veterans can improve with the help of volunteers like you.

Your participation may help improve medical treatment for Veterans now and in the future.



To learn more about the NAP Study, please contact:

Erica Duncan, MD
(404) 321-6111 ext. 205068

Or visit us at:
http://uqr.to/gedm

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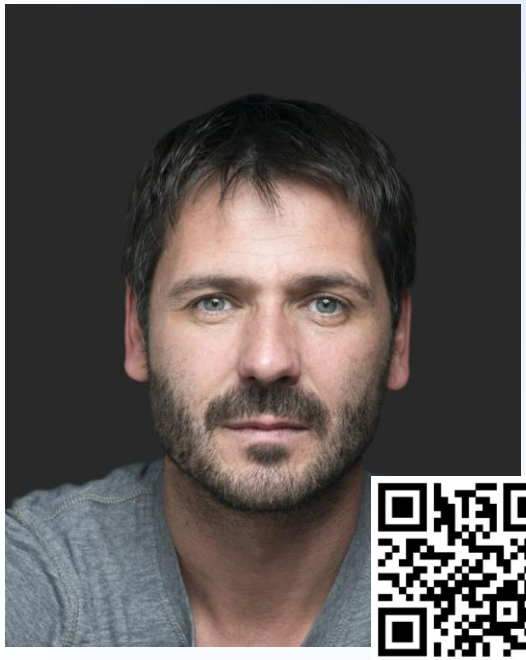
Together we can help U.S. Veterans with PTSD



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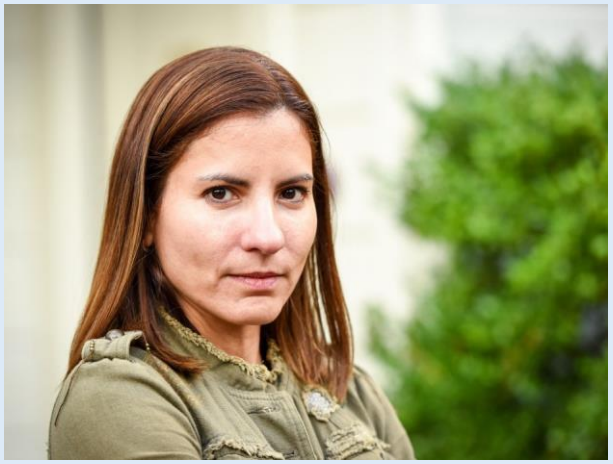
NAP Study

A research study to find out if common medicines can improve insomnia in veterans with PTSD

VA Central IRB
Effective Date: July 14, 2023



What is NAP?

NAP is a VA-funded national research study to learn if two common medicines improve insomnia (trouble sleeping) for military veterans with PTSD.

Who can participate?

You may be able to participate if you:

- are a U.S. Veteran,
- are 18-75 years old,
- have PTSD, *and*
- have insomnia

Taking part in **NAP** is voluntary and will not affect your access to health care or benefits. You can withdraw from the study at any time.

Please contact us or talk with your doctor and loved ones to see if the study is a good fit for you.

What medicine will I take?

The study has three groups of participants. Two of the groups will receive medicine:

Group 1: Trazodone (Desyrel, Oleptro)

Group 2: Eszopiclone (Lunesta)

Group 3: will receive a placebo (inactive pill).

A computer will randomly assign you to one of these three groups. A random assignment for everyone is the best way to figure out which medicine works best.

You will take the medicine or placebo for 3 months. All medicines have been approved by the U.S. Federal Drug Administration.

What happens at study visits?

First, there is a 4-6 week screening period to see if the study is right for you. It includes:

- 1 or 2 in-person visits
- 1 or 2 visits by phone

These visits will take a total of 10-12 hours.

If you decide to join the study:

- you will have 8 in-person and/or phone/ video visits over 4 months, each lasting 30-60 minutes
- you will answer questions about yourself, your PTSD symptoms, and quality of life
- some visits include other tests, like physical exams, blood and urine tests, or an electrocardiogram (EKG/ECG)
- you will have one 2-hour visit by phone

What are the benefits & risks?

Research findings based on this study may lead to new ways of treating Veterans with PTSD.

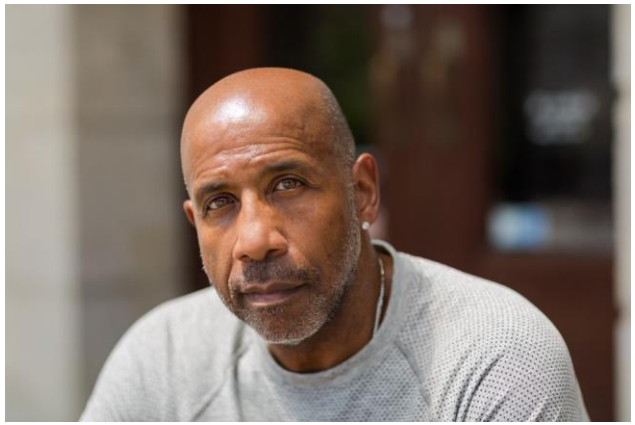
You may:

- have side effects—such as difficulty concentrating, drowsiness, or dizziness—from taking the medicine
- be uncomfortable answering questions about your personal experiences

If you decide to participate, you will be compensated for all study visits you complete, including the visits you complete during the screening period.

How will my privacy be protected?

- Study visits will be held in private.
- Health information will be labeled with a code so that only authorized study staff can identify you.
- Information from your interviews and tests will be stored on secure VA servers in compliance with VA research regulations.



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