



How balanced is your sleep?



Tai chi is an ancient martial art that combines mindful body movement, posture, and breathing to achieve a sense of internal balance, calm, and clarity. We are investigating whether doing tai chi can improve sleep and help the body remove harmful proteins that may be related to Alzheimer's disease and other brain disorders.

The research involves an intake visit at VA Puget Sound, a brain MRI at the University of Washington (UW), and at-home sleep assessments that are coordinated by Oregon Health and Science University (OHSU).

STUDY ACTIVITIES

- Collection of blood and urine
- Medical and psychiatric questions
- Memory testing
- MRI
- At-home sleep studies

MAIN ELIGIBILITY REQUIREMENTS

- Age 45+
- Any gender
- Any level of Tai Chi experience

Scan QR code
to be contacted



Participants will be compensated by the VA Puget Sound in appreciation for their time and effort, as well as additional compensation from UW and OHSU.

**If you are interested in this study, please contact the
Study Coordinator: 206-277-3843 or research hotline: 206-277-5566.**



U.S. Department of Veterans Affairs
Veterans Health Administration
VA Puget Sound Health Care System



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