```
from transformers import BertTokenizer, BertModel
import torch

tokenizer = BertTokenizer.from_pretrained('bert-base-uncased')
model = BertModel.from_pretrained('bert-base-uncased')

def process_long_text(text, window=400, stride=200):
    cls_embeddings = []
    for i in range(0, len(text), stride):
        segment = text[i:i+window]
        inputs = tokenizer(segment,
                           return_tensors='pt',
                           truncation=True)
        outputs = model(**inputs)
        cls_embeddings.append(
            outputs.last_hidden_state[0, 0, :])
    return torch.mean(torch.stack(cls_embeddings), dim=0)
```