

Association between sleep-related cognitions and insomnia symptomns. Evidence from a multi-centric Brazilian sample.

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Introduction

Insomnia sufferers are a group characterized for frequent complaints about quality and quantity of their sleep, difficulties in initiating and maintaining sleep as well as early-morning awakenings with inability to return to sleep (American Psychiatric Association 2013).

Link para ansiedade e depressão e depois mecanismos psicológicos

Objectives

Method

Results

Conclusion

References

American Psychiatric Association, ed. 2013. *Diagnostic and Statistical Manual of Mental Disorders: DSM-5*. 5th ed. Washington, D.C: American Psychiatric Association.