

Resumo Congresso Brasileiro de Sono 2021

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Main idea: multiple linear regression with cognitive factors as predictors of insomnia severity with depression and anxiety as control variables.

segundo (Salari et al. 2020)

References

Salari, Nader, Habibolah Khazaie, Amin Hosseinian-Far, Behnam Khaledi-Paveh, Hooman Ghasemi, Masoud Mohammadi, and Shamarina Shohaimi. 2020. "The Effect of Acceptance and Commitment Therapy on Insomnia and Sleep Quality: A Systematic Review." *BMC Neurology* 20 (1): 300. <https://doi.org/10.1186/s12883-020-01883-1>.