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Author: Øystein Vedaa, Elfrid Krossbakken, Ingse Dagny Grimsrud, Bjørn Bjorvatn, Børge Sivertsen, Nils Magerøy, Ståle Einarsen, Ståle Pallesen

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Prospective study of predictors and consequences of insomnia: personality, lifestyle, mental health and work-related stressors

Øystein Vedaa ^{a,b,*}, Elfrid Krossbakken ^a, Ingse Dagny Grimsrud ^c, Bjørn Bjorvatn ^{d,e}, Børge Sivertsen ^{b,f,g}, Nils Magerøy ^h, Ståle Einarsen ^a, Ståle Pallesen ^{a,e}

^a Department of Psychosocial Science, University of Bergen, Bergen, Norway

^b Division of Mental Health, Norwegian Institute of Public Health, Bergen, Norway

^c Akershus University Hospital, Lørenskog, Norway

^d Department of Global Public Health and Primary Care, University of Bergen, Bergen, Norway

^e Norwegian Competence Center for Sleep Disorders, Haukeland University Hospital, Bergen, Norway

^f The Regional Centre for Child and Youth Mental Health and Child Welfare, Uni Research Health, Bergen, Norway

^g Department of Psychiatry, Helse Fonna HF, Haugesund, Norway

^h Department of Occupational Medicine, Haukeland University Hospital, Bergen, Norway

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