

Accepted Manuscript

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PII: S0005-7967(17)30210-3

DOI: [10.1016/j.brat.2017.10.006](https://doi.org/10.1016/j.brat.2017.10.006)

Reference: BRT 3207

To appear in: *Behaviour Research and Therapy*

Received Date: 22 September 2017

Accepted Date: 10 October 2017

Please cite this article as: Blake, M.J., Snoep, L., Raniti, M., Schwartz, O., Waloszek, J.M., Simmons, J.G., Murray, G., Blake, L., Landau, E.R., Dahl, R.E., Bootzin, R., McMakin, D.L., Dudgeon, P., Trinder, J., Allen, N.B., A cognitive-behavioral and mindfulness-based group sleep intervention improves behavior problems in at-risk adolescents by improving perceived sleep quality, *Behaviour Research and Therapy* (2017), doi: 10.1016/j.brat.2017.10.006.

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A cognitive-behavioral and mindfulness-based group sleep intervention improves behavior problems in at-risk adolescents by improving perceived sleep quality

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Institution where work was performed: The University of Melbourne

Funding: Australian National Health and Medical Research Council Grant (APP1027076)

Conflicts of Interest: There are no conflicts of interest to disclose

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