

# Accepted Manuscript

Long-term clinical effect of group cognitive behavioural therapy for insomnia: a case series study

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PII: S1389-9457(18)30095-9

DOI: [10.1016/j.sleep.2018.03.017](https://doi.org/10.1016/j.sleep.2018.03.017)

Reference: SLEEP 3663

To appear in: *Sleep Medicine*

Received Date: 17 January 2018

Revised Date: 8 March 2018

Accepted Date: 11 March 2018

Please cite this article as: Castronovo V, Galbiati A, Sforza M, Poletti M, Giarolli L, Kuo T, Zucconi M, Manconi M, Hensley M, Morin C, Ferini-Strambi L, Long-term clinical effect of group cognitive behavioural therapy for insomnia: a case series study, *Sleep Medicine* (2018), doi: 10.1016/j.sleep.2018.03.017.

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Long-term clinical effect of group cognitive behavioural therapy for insomnia: a case series  
study

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