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Examining components of emotion regulation in relation to sleep problems and suicide risk

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Highlights

- Sleep disturbances (e.g., nightmares) are associated with an increased risk for suicide.
- Emotion regulation may account for this association.
- Complex models incorporating varied aspects of emotion regulation are needed.
- Emotion regulation was examined via moderated mediation models.
- Analyses revealed emotional downregulation played a greater role than upregulation.

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