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**Sleep-related cognitive processes, arousal, and emotion dysregulation in insomnia disorder:
the role of insomnia-specific rumination**

Laura Palagini ^{a,*}, Umberto Moretto ^a, Liliana Dell'Osso ^a, Colleen Carney ^b

^a Department of Clinical and Experimental Medicine, Psychiatric Unit, University of Pisa, School of Medicine, Pisa, Italy

^b Department of Psychology, Ryerson University, Toronto, ON, Canada

* Corresponding author. Department of Clinical and Experimental Medicine, Psychiatric Unit, University of Pisa, School of Medicine, Via Roma 67, 56100, Pisa, Italy. Tel.: +39 050 993165; fax: +39 050 992656.

E-mail addresses: lpalagini@tiscali.it; l.palagini@ao-pisa.toscana.it (L. Palagini).

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