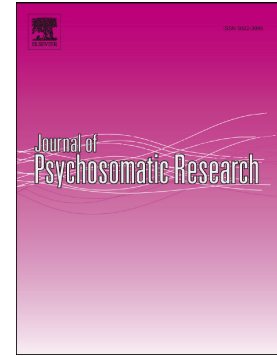


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The mediating role of sleep-related metacognitive processes in trait and pre-sleep state hyperarousal in insomnia disorder

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Title page**The mediating role of sleep-related metacognitive processes in trait and pre-sleep state hyperarousal in insomnia disorder.**

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Key words: chronic insomnia, unhelpful beliefs, insomnia-metacognitive processes, pre-sleep arousal, trait arousal

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