

**Prospective study of predictors and consequences of insomnia: personality, lifestyle, mental health, and work-related stressors**

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Sleep Medicine

2016; 20:51-58

**ARTICLE IDENTIFIERS**

DOI: 10.1016/j.sleep.2015.12.002

PMID: 27318226

PMCID: not available

**JOURNAL IDENTIFIERS**

LCCN: not available

pISSN: 1389-9457

eISSN: 1878-5506

OCLC ID: not available

CONS ID: not available

US National Library of Medicine ID: not available

This article was identified from a query of the SafetyLit database.