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Beaudoin, L. P., Lemyre, A., Pudlo, M. & Bastien, C. (2019). "Towards an integrative design-oriented theory of sleep-onset and insomnia from which a new cognitive treatment for insomnia (serial diverse kinesthetic imagining, a form of cognitive shuffling) is proposed." Poster presented at the World Sleep Congress 2019-09-22. Vancouver, BC.

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