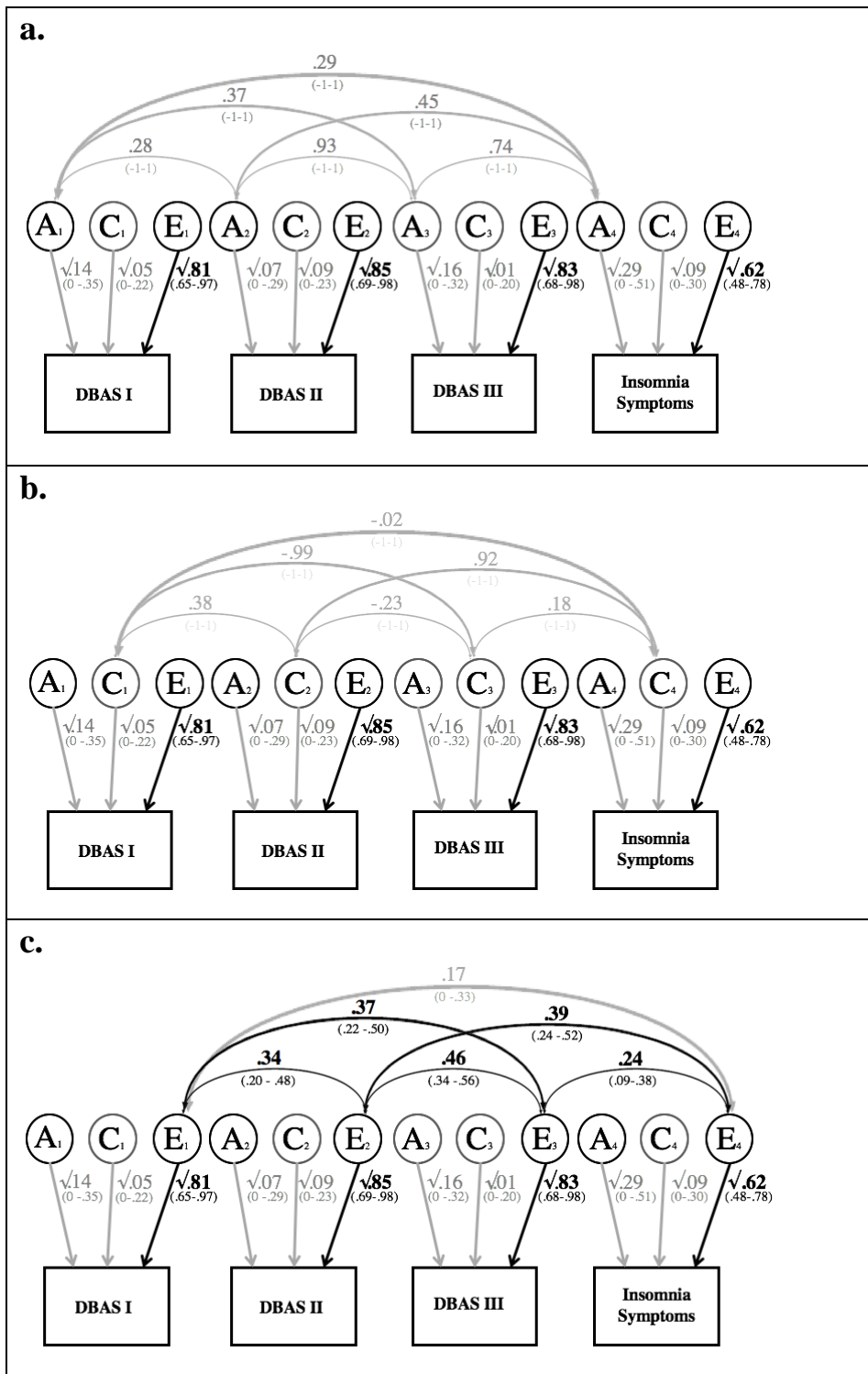


Figure 1 Path diagram of the bivariate analysis, including overall dysfunctional beliefs about sleep (overall DBAS) and insomnia symptoms

Note: A = additive genetic, C = shared environmental; E = non-shared environmental. Significant paths are shown in black, see brackets for 95% confidence intervals. Paths with confidence intervals spanning 0 are depicted in grey.  
 $r_{Ph} = .37$  (95% CI = .31 - .43). Overall DBAS = overall dysfunctional beliefs about sleep (DBAS), higher scores indicating more dysfunctional beliefs about sleep; Insomnia Symptoms = insomnia symptoms (ISQ), higher scores indicating more insomnia symptoms.



**Figure 2** Path diagram of the correlated factors solution, including *beliefs about immediate consequences* (DBAS factor I), *beliefs about long-term consequences* (DBAS factor II), *beliefs about control* (DBAS factor III) and insomnia symptoms

Note: A = additive genetic, C = shared environmental; E = non-shared environmental. Significant paths are shown in black. Paths with confidence intervals spanning 0 are depicted in grey; Part a. shows the genetic correlations; Part b. shows the shared-environmental correlations; Part c. shows the non-shared environmental correlations.