



Role of Sleep and Circadian Rhythms in Health

Guest Editors:

Dr. Hiroshi Kadotani

Department of Psychiatry, Shiga
University of Medical Science,
Seta-Tsukinowa-Cho, Otsu 520-
2192, Japan

Prof. Dr. Masahiro Suzuki

Department of Psychiatry, Nihon
University School of Medicine, 30-
1 Oyaguchi Kamicho, Itabashi-ku,
Tokyo 173-8610, Japan

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Message from the Guest Editors

Dear Colleagues,

The aim of this Special issue is to promote awareness in the scientific community about the role of sleep and circadian rhythms in health. We invite submissions of original articles and reviews addressing how sleep and circadian rhythms impact our physical and mental health. We also encourage submissions aimed at developing treatments and diagnostics for somatic and mental disorders from the perspective of sleep and circadian rhythms.

Topics include, but are not limited to, the following:

- The role of sleep and circadian rhythms in mental and physical health;
- Health implications of disturbed sleep and circadian rhythms;
- Chronobiological treatments for sleep disorders and mental disorders.

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