



Noise and Sleep

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Message from the Guest Editors

The WHO estimated the burden of disease from the transportation noise to be largely determined by noise-induced sleep disturbances with more than 900,000 DALYs lost each year in Western Europe alone due to noise at night, with road traffic noise being responsible for the largest fraction of this burden. From a public health perspective, sleep disturbance in and of itself is a relevant health outcome, but noise-induced sleep disturbances are also suspected to be in the causal pathway to cardiovascular disease as non-habituating autonomic reactions to noise events may be important precursors of long-term cardiovascular outcomes. Albeit the association between night-time noise and long-term health outcomes has been demonstrated in the recent literature, the pathogenetic mechanisms leading to disease are still not well understood. However, there is ample evidence that nocturnal noise exposure disturbs and fragments sleep and leads to awakening reactions, elicits arousals or motility reactions, induces changes in sleep structure, and also triggers self-reported annoyance and disturbance reactions. The quantification of such night-time noise effects and the elucidation of the respective exposure–response relationships is an important scientific foundation for night noise protection policies.

We invite prospective authors to present their latest work in these important research domains in this Special Issue. The Special Issue is open to manuscripts in the area of noise-induced sleep disturbances, measured objectively or by self-reporting, in the laboratory or in the field, and from all noise sources. Submitted manuscripts should not have been published previously, except in the form of congress papers. All manuscripts will be thoroughly peer-reviewed.





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Message from the Editor-in-Chief

Addressing the environmental and public health challenges requires engagement and collaboration among clinicians and public health researchers. Discovery and advances in this research field play a critical role in providing a scientific basis for decision-making toward control and prevention of human diseases, especially the illnesses that are induced from environmental exposure to health hazards. *IJERPH* provides a forum for discussion of discoveries and knowledge in these multidisciplinary fields. Please consider publishing your research in this high quality, peer-reviewed, open access journal.

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