Special Issue

Oxidative Stress in Sleep Disorders

Message from the Guest Editor

Sleep disorders affect a significant portion of the global population. Conditions like insomnia, sleep apnea, and restless leg syndrome are linked to various physiological disruptions. One of the most significant mechanisms involved in the development and exacerbation of sleep disorders is oxidative stress. Oxidative stress occurs when there is an imbalance between the production of reactive oxygen species (ROS) and the body's ability to neutralize them with antioxidants. In sleep disorders, disruptions to sleep patterns and reduced sleep quality have been shown to increase oxidative damage, which can further impair sleep quality in a cyclical manner. This Special Issue delves into recent research on the relationship between oxidative stress and sleep disturbances. It explores the role of oxidative stress in various sleep disorders, the potential mechanisms involved, and the implications for treatment. It also highlights emerging therapeutic strategies, such as antioxidant interventions, that aim to alleviate the harmful effects of oxidative stress and improve sleep quality, offering new avenues for clinical practice and future research in the field.

Guest Editor

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Deadline for manuscript submissions

25 March 2026

Antioxidants

an Open Access Journal by MDPI

Impact Factor 6.6
CiteScore 12.4
Indexed in PubMed

mdpi.com/si/226195

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About the Journal

Message from the Editor-in-Chief

It has been recognized in medical sciences that in order to prevent adverse effects of "oxidative stress" a balance exists between prooxidants and antioxidants in living systems. Imbalances are found in a variety of diseases and chronic health situations. Our journal *Antioxidants* serves as an authoritative source of information on current topics of research in the area of oxidative stress and antioxidant defense systems. The future is bright for antioxidant research and since 2012, *Antioxidants* has become a key forum for researchers to bring their findings to the forefront.

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