



Comorbid Insomnia and Sleep Apnea (COMISA): High Risk Populations, Underlying Mechanisms, Consequences, and Treatment Implications

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Message from the Guest Editors

Dear Colleagues,

Insomnia and sleep apnea are the two most common sleep disorders globally, and co-exist in up to 50% of patients presenting to sleep clinics for treatment. Comorbid insomnia and sleep apnea (COMISA) is associated with increased healthcare utilization, medical (e.g., cardiometabolic consequences) and psychiatric morbidity (e.g., mood disorders), and worse daytime functioning relative to each condition alone. Recent clinical/physiological subtyping of obstructive sleep apnea has shown that untreated sleep apnea may be a risk factor for the development of insomnia but less is known about the reverse association.

The purpose of this Special Issue is to highlight novel evidence of the prevalence and risk factors for COMISA in specific populations and subgroups, recent discoveries in the immediate and long-term consequences of COMISA, pathophysiological mechanisms underpinning COMISA, and novel treatment approaches assisting in personalizing care for patients with COMISA.





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Message from the Editor-in-Chief

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