

Special Issue

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

Message from the Guest Editors

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.

Guest Editors

Prof. Douglas Mckay Wallace

Department of Neurology, University of Miami Miller School of Medicine, Miami, FL 33136, USA

Dr. Alexander Sweetman

The Adelaide Institute for Sleep Health and Flinders Health and Medical Research Institute: Sleep Health, Flinders University, Adelaide, Australia

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Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
applsci@mdpi.com

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As the world of science becomes ever more specialized, researchers may lose themselves in the deep forest of the ever increasing number of subfields being created. This open access journal *Applied Sciences* has been started to link these subfields, so researchers can cut through the forest and see the surrounding, or quite distant fields and subfields to help develop his/her own research even further with the aid of this multi-dimensional network.

Editor-in-Chief

Prof. Dr. Giulio Nicola Cerullo
Dipartimento di Fisica, Politecnico di Milano, Piazza L. da Vinci 32,
20133 Milano, Italy

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