

Special Issue

Advances in Sleep Monitoring Technology

Message from the Guest Editors

Stress-induced insomnia is a major problem in today's society. It is considered important to predict and treat distortions in mental and physical balance by measuring autonomic balance and other factors. We look forward to your research on the relationship between sleep quality and other indicators and their treatment.

Guest Editors

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Deadline for manuscript submissions

closed (20 July 2025)



Applied Sciences

an Open Access Journal
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Impact Factor 2.5
CiteScore 5.5



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Message from the Editor-in-Chief

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

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