

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

Prof. Dr. Keiko Ogawa

Kampo Clinical Center, Department of General Medicine, Hiroshima University Hospital 1-2-3, Kasumi, Minami-ku, Hiroshima 734-8551, Japan

Dr. Hirokazu Doi

Department of Information and Management Systems Engineering, Nagaoka University of Technology, Niigata 940-2188, Japan

Deadline for manuscript submissions

closed (20 July 2025)



Applied Sciences

an Open Access Journal
by MDPI

Impact Factor 2.5
CiteScore 5.5



mdpi.com/si/187691

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

[mdpi.com/journal/
appls](https://mdpi.com/journal/appls)





Applied Sciences

an Open Access Journal
by MDPI

Impact Factor 2.5
CiteScore 5.5



[mdpi.com/journal/
applsci](https://mdpi.com/journal/applsci)



About the Journal

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

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

Author Benefits

Open Access:

free for readers, with article processing charges (APC) paid by authors or their institutions.

High Visibility:

indexed within Scopus, SCIE (Web of Science), Ei Compendex, Inspec, CAPlus / SciFinder, and other databases.

Journal Rank:

JCR - Q2 (Engineering, Multidisciplinary) / CiteScore - Q1 (General Engineering)