

Special Issue

Behavioral Consequences of Sleep Restriction

Message from the Guest Editors

Over the last century, the amount of sleep we get has been considerably reduced due to changes in our lifestyles brought about by the social obligations of modern society and the attractive leisure activities offered by our screens. This reduction in sleep quantity particularly affects certain professions. It generally leads to a drop in performance and increases the risk of accidents. It is therefore necessary to better characterize the effects of sleep deprivation on individual behavior. This Special Issue aims to advance the literature on "Behavioral Consequences of Sleep Restriction" from an interdisciplinary perspective.

Therefore, we welcome contributions that expand our knowledge of the effects of total or partial sleep deprivation on physical or cognitive performance, and more generally on human behavior. **Keywords** sleep restriction

sleep deprivation
cognitive capacity
psychological status
countermeasure
vigilance
sleepiness
alertness

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With warm greetings, it is a pleasure to invite you to contribute a research article or comprehensive review for consideration and publication in *Behavioral Sciences*. *Behavioral Sciences* is an international, scientific, open access journal providing an advanced forum for discussions and research regarding the intersection between psychiatry, neuroscience, psychology, cognitive and behavioral sciences, and behavioral biology. More information are available at: <https://www.mdpi.com/journal/behavsci>. We would be pleased to welcome you as one of our authors and have the opportunity to consider your work for publication.

Editor-in-Chief

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