

Special Issue

The Effects of Sleep Deprivation on Human Behavior and Neural Activity

Message from the Guest Editor

Sleep is a fundamental physiological process that plays a crucial role in maintaining physical health, cognitive function, and emotional well-being. In recent years, there has been a growing recognition of the pervasive problem of sleep deprivation in modern society. The detrimental effects of sleep deprivation on human behavior and neural activity have far-reaching implications, touching upon various disciplines, including neuroscience, psychology, medicine, and public health. This special issue addresses a critical and timely subject with far-reaching implications. We invite researchers to contribute their expertise and insights to enrich our understanding of sleep deprivation and its consequences. We encourage researchers to submit their original research, reviews, and perspectives to this special issue, fostering a collaborative and multidisciplinary dialogue on sleep deprivation's impact. Together, we can advance the field and develop evidence-based strategies to mitigate the adverse effects of sleep deprivation on human behavior and neural activity.

- sleep function
- neuronal firing
- neuronal plasticity
- learning
- cognitive impairment
- sleep loss

Guest Editor

Prof. Dr. Fabio Garcia-Garcia

Health Sciences Institute, University of Veracruz, Xalapa 91050, Mexico

Deadline for manuscript submissions

30 November 2025



Behavioral Sciences

an Open Access Journal
by MDPI

Impact Factor 2.5
CiteScore 3.1
Indexed in PubMed



mdpi.com/si/186957

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

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





Behavioral Sciences

an Open Access Journal
by MDPI

Impact Factor 2.5
CiteScore 3.1
Indexed in PubMed



[mdpi.com/journal/
behavsci](https://www.mdpi.com/journal/behavsci)



About the Journal

Message from the Editor-in-Chief

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

Prof. Dr. Jerrell Cassady

Department of Educational Psychology, Ball State University, Muncie, IN 47306, USA

Author Benefits

High Visibility:

indexed within Scopus, SSCI (Web of Science), PubMed, PMC, PsycInfo, and other databases.

Journal Rank:

JCR - Q2 (Psychology, Multidisciplinary) / CiteScore - Q2 (Development)

Rapid Publication:

manuscripts are peer-reviewed and a first decision is provided to authors approximately 29.6 days after submission; acceptance to publication is undertaken in 3.4 days (median values for papers published in this journal in the first half of 2025).