Special Issue

Sleep Disorders: New Developments

Message from the Guest Editors

This Special Issue on sleep disorders aims to deepen our understanding of sleep disturbances and their significant effects on both physical and mental health. Sleep disorders, such as insomnia, sleep apnea, hypersomnia, and circadian rhythm disruptions, are widespread across all age groups and are linked to serious health issues, including cardiovascular diseases, cognitive decline, and psychiatric conditions. This Special Issue invites submissions that investigate the underlying biological, psychological, and environmental mechanisms contributing to sleep disorders. We also encourage submissions of research studies on innovative diagnostic tools and effective treatment strategies, including novel pharmacological and behavioral interventions.

Submissions exploring the interplay between sleep disorders, comorbidities, and aging, including both original research and review papers, are welcome to advance the field and improve outcomes for affected individuals.

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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.

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