

Special Issue

Advance in Sleep and Circadian Rhythms 2.0

Message from the Guest Editors

This collection is the second edition of "Advance in Sleep and Circadian Rhythms".

Sleep disturbances, which have been referred to as the silent epidemic, constitute a serious health problem. One in six adults in the US were diagnosed with a sleep disorder, and one in eight use sleeping aids. Additionally, one in every three fatal traffic accidents is caused by tiredness or drowsiness, and three out of every four drivers admit to having driven while drowsy. Sleep involves immense direct and indirect economic costs in the form of lost working time, depression, and highly prevalent associated health problems, such as neurodegenerative disorders. Sleep and circadian dysregulation could help identify the risk of neurodegenerative diseases.

We offer sleep researchers interested in the theoretical and medical aspects of sleep the opportunity to participate in an updated theoretical Special Issue on this subject, including circadian and homeostatic factors, as well as the medical and pharmacological aspects of sleep.

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