

Special Issue

The Neurobiology of Sleep and Circadian Clock

Message from the Guest Editor

Sleep and circadian rhythms are vital physiological processes essential for brain and body homeostasis, as well as overall health and longevity. Tremendous advances in neuroscience, molecular biology and clinical research have substantially improved our understanding of how sleep regulatory mechanisms and circadian systems interact at multiple levels. This Special Issue of *Biology* aims to bring together cutting-edge research addressing the mechanisms, regulation of sleep and circadian biology. In this special Issue, we welcome original research articles, reviews (narrative, scoping, systematic), as well as translational studies exploring molecular and cellular clock mechanisms, interactions between circadian and sleep biology, sleep fragmentation and deprivation, and age-, disease- and environment-related sleep alterations. Of particular interest are papers dealing with interdisciplinary approaches, innovative methodologies. By integrating different perspectives, this Special Issue seeks to advance our understanding of the neurobiology of sleep and circadian systems and promote novel strategies for improving human health, longevity and well-being.

Guest Editor

Dr. Dragan Hrnčić

Institute of Medical Physiology "Richard Burian", Belgrade University
Faculty of Medicine, 11000 Belgrade, Serbia

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

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Message from the Editor-in-Chief

A major strength of biological science is the diversity of approaches that biological scientists apply to their research problems. *Biology* reflects this diversity and brings together studies employing the varied experimental and theoretical approaches that are fueling biological discovery. *Biology*, the journal, is a fully peer-reviewed publication with a rapid and economical route to open access publication and is listed on PubMed. All articles are peer-reviewed and the editorial focus is on determining that the work is scientifically sound rather than trying to predict its future impact.

Editors-in-Chief

Prof. Dr. Jukka Finne

Research Programme in Molecular and Integrative Biosciences, Faculty of Biological and Environmental Sciences, University of Helsinki, P.O. Box 56, FI-00014 Helsinki, Finland

Prof. Dr. Andrés Moya

Integrative Systems Biology Institute, University of Valencia and CSIC, 46980 Valencia, Spain

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