



Effects of Sleep Disruption on Daytime Functioning

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Message from the Guest Editors

As you know, there is a strong discrepancy between daytime effects of sleep deprivation and daytime effects of insomnia and other types of ‘natural’ sleep deprivation. This Special Issue ‘Effects of Sleep Disruption on Daytime Functioning’ under the guidance of the journal Brain Sciences (<https://www.mdpi.com/journal/brainsci>), is therefore timely, as it will feature articles addressing each type of sleep disruption but also different types of affected daytime functioning (e.g. cognitive, affective and physical functioning). By this issue we hope to shed more light on explanations for the differences between objective and subjective sleep disruption, sleep perception, compensatory mechanisms and choice of representative test type. This can be achieved through data-driven research albeit be cross-sectional in design or other (example, RCT/RCD). I invite you to submit your latest innovative research on daytime consequences of sleep disruption for this Special Issue.





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Message from the Editor-in-Chief

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