

Special Issue

Clinical Research on Sleep Disorders: Opportunities and Challenges

Message from the Guest Editor

Clinical research on sleep disorders is a field of growing interest because of the prevalence and significant impact these disorders have on global health. Sleep disorders, including sleep-disordered breathing, insomnia, restless legs syndrome, and others, affect millions of people worldwide and are often associated with serious physical and mental health consequences. Opportunities in clinical research include the development of new pharmacological and behavioral treatments, the use of innovative sleep monitoring technologies, and the personalization of therapies based on individual genetic and biological data. However, there are also numerous challenges, such as the need to standardize methods of diagnosis and evaluation, the difficulty in recruiting participants for clinical trials, and the integration of different scientific disciplines. In addition, interindividual variability in sleep disorders requires individualized approaches to achieve effective clinical outcomes. Addressing these challenges requires collaboration among researchers, clinicians, and industry, as well as continued support from healthcare and government institutions.

Guest Editor

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