

Special Issue

Exploration of the Effects of Circadian Rhythms on Behavior and Physiology

Message from the Guest Editors

The study of sleep and circadian rhythms has evolved from early identification of the suprachiasmatic nucleus to current insights into molecular clocks, metabolic regulation, and neuroimmune pathways. Increasing evidence links circadian disruption to obesity, depression, cardiometabolic disease, immune dysregulation, and neurodegeneration. This Special Issue seeks to advance sleep and circadian neuroscience across molecular, systems, and translational levels. We welcome studies on the neural mechanisms of circadian regulation, the bidirectional links between sleep and metabolic or psychiatric disorders, the immune consequences of sleep deprivation, and interventions that restore circadian alignment. Research on sleep disorders in extreme environments (e.g., deep-sea, space, battlefield) is also encouraged.

We invite original research, reviews, and methodological papers that employ cutting-edge approaches like computational modelling and wearable technology to explore how circadian rhythms influence health and disease.

Guest Editors

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Message from the Editor-in-Chief

You are invited to contribute a research article or a comprehensive review for consideration and publication in *Brain Sciences* (ISSN 2076-3425). *Brain Sciences* is an open access, peer-reviewed scientific journal that publishes original articles, critical reviews, research notes, and short communications on neuroscience. The scientific community and the general public can access the content free of charge as soon as it is published.

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