

## Special Issue

# Personalised Treatment and Diagnosis of Sleep Disorders

### Message from the Guest Editors

Sleep is a fundamental physiological process essential for healthy cognitive, emotional, and physical functioning throughout life; however, sleep health is influenced by complex interactions between biological, cultural, environmental, and social factors, which can vary significantly across populations and settings.

Despite growing awareness, sleep disorders including insomnia, circadian rhythm disturbances, and especially obstructive sleep apnoea (OSA) remain widely underdiagnosed and undertreated worldwide.

Diagnosing and managing sleep disorders presents ongoing challenges, particularly when they co-occur with neurodevelopmental conditions or with chronic medical illnesses. Factors such as cultural beliefs, disparities in healthcare access, and inconsistent diagnostic criteria further complicate timely and accurate assessment and intervention.

We are pleased to invite submissions to this Special Issue of *Brain Sciences*, which aims to showcase recent advances in individualised approaches to sleep assessment and intervention. Particular focus will be given to OSA and other prevalent sleep conditions across diverse clinical and cultural settings.

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### Guest Editors

Prof. Dr. Dagmara Dimitriou

Dr. Zaid Awad

Dr. Mustafa Jaafar

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### Deadline for manuscript submissions

15 May 2026



## Brain Sciences

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Impact Factor 2.8  
CiteScore 5.6  
Indexed in PubMed



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## About the Journal

### 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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### Editor-in-Chief

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