

Special Issue

Relationships Between Disordered Sleep and Mental Health

Message from the Guest Editor

Sleep-related problems can significantly impair mental health, which can also affect the quality and characteristics of sleep. For example, adults and children who are diagnosed with psychiatric conditions commonly demonstrate sleep-wake disorders. In addition, circadian rhythm disruptions have also been shown to affect mental health, such as causing depressive symptoms in people with shift-work sleep disorder. There is therefore a need for scientific research regarding the biological and psychological mechanisms connecting disordered sleep and mental health outcomes. Novel discoveries in this field are thus critical in order to determine novel targets for interventions that could enhance the mental health of individuals and populations. I invite you to submit your data-based articles, meta-analyses, or systematic reviews to this Special Issue. This Special Issue aims to present recent findings concerning sleep and mental health to provide new insights into the mechanisms, causes, outcomes, and possible treatments. The presented evidence may include a variety of study designs, such as preclinical work, clinical trials, and epidemiologic studies.

Guest Editor

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