

Special Issue

The Effect of Lifestyle on Brain Aging and Cognitive Function

Message from the Guest Editors

Brain aging and cognitive function are thought to be greatly influenced by genetic factors, social factors, and postnatal environmental factors (= lifestyle habits). In addition, the influence of lifestyle factors as background factors for cognitive decline and the onset of dementia has been widely reported. In this Special Issue, in addition to clarifying the actual place lifestyle factors hold in related to brain aging and cognitive function, we will focus on maintaining and improving cognitive function by improving lifestyle habits. The research topics are as follows:

- Elucidation of the actual state of brain aging and its background factors;
- Interaction of genetic and environmental factors on cognitive function;
- Research into the relationship between cognitive function and the following lifestyle habits: diet, physical activity, exercise, sleep, social activity, intellectual activity, and mental health;
- Prevention and improvement of cognitive decline and onset of dementia by intervention of lifestyle factors and its mechanism.

Guest Editors

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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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