Special Issue

The Effects of Sleep on Attention and Language

Message from the Guest Editors

Scientific findings confirm the essential role of sleep in memory consolidation and other related cognitive functions. Importantly, sleep impairment is the most frequent collateral syndrome of neurological and psychiatric disorders. Sleep deprivation affects not only body physiology but also diminishes the brain's ability to maintain directed attention resulting in poor cognitive performance. However, existing evidence is inconsistent and may be accounted for by individual differences in chronotype, cognitive and neuroendocrinology profiles and even time-of-day chosen for behavioral testing. Whilst we know that sleep is essential for learning and memory, we know little about how sleep affects language learning. This Special Issue aims to cover a wide scope of multidisciplinary research on the effects of sleep on language learning and attention. In this Special Issue, original research articles and reviews are welcome. Research areas may include (but not limited to) the following impacts on language and attention: sleep deprivation, sleep disorders, chronotype, spontaneous and targeted memory reactivation during sleep.

Guest Editors

Dr. Andriy Myachykov
Department of Psychology, Northumbria University, Newcastle NE1 8ST, UK

Dr. Olga Martynova
Institute of Higher Nervous Activity and Neurophysiology, Russian Academy of Science, 117485 Moscow, Russia

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Editor-in-Chief

Prof. Dr. Stephen D. Meriney
Department of Neuroscience, University of Pittsburgh, Pittsburgh, PA 15260, USA

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