Special Issue

CNS-Arousal—Transdiagnostic Relevance and Therapeutic Implications

Message from the Guest Editor

In daily life, CNS-arousal has to be regulated depending on situational demands. For example, at bedtime, arousal has to be reduced, whereas during cognitive tasks or car driving, arousal level has to be increased or maintained. The high incidence of hypersomnia and insomnia in the normal population, and especially in neurological and psychiatric disorders, points to the high relevance of arousal dysregulation. Pronounced arousal dysregulation is found across different disease categories, such as insomnia, affective disorders, and ADHD, in which it has been suggested to play a pathogenetic role (Hegerl and Hensch, 2014). Numerous drugs and therapeutic techniques impact CNS arousal, and first studies on arousal as a treatment response predictor are available. This research topic focuses on presenting recent advances on the role of arousal in normal and abnormal behavior, including studies on the neurobiology and genetics of arousal, as well as its assessment (e.g., via EEG, ANS-indicators, pupillography, but also psychometry, such as the Epworth Sleepiness Scale, and task-based assessments, such as sustained attention tests).

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