

Special Issue

The Relationship Between Sleep and the Brain: New Insights into Sleep Disorders and Their Effects on Mental Health, Cognition, and Quality of Life

Message from the Guest Editor

The significant role of sleep is now considered not only in clinical settings, with sleep disorders being definite symptoms in mood disorders, anxiety, Alzheimer's, and autism spectrum disorder, but also in daily life, with sleep duration and quality impacting school and work performances, having important implications for safety and economy as well.

This Special Issue will focus on new insights into sleep regulation and function, looking at the assessment of physiological and cognitive variables in normal subjects who experience conditions that can alter sleep duration and rhythmicity (i.e., ability to sustain attention, vigilance in shift workers and air traffic controllers), and in clinical conditions, such as mood disorders and autism spectrum disorder, where sleep disturbance is considered either a biological marker and/or a core pathophysiological component. The role of biological rhythms in time perception and memory processing will also be addressed.

Guest Editor

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