

Special Issue

What Impact Does Lack of Sleep Have on Mental Health?

Message from the Guest Editors

The special issue aims to collate cutting-edge research on how lack of sleep affects various aspects of mental health and neuropsychiatric function. Topics of interest include the neurobiological mechanisms linking sleep deprivation to psychiatric disorders; Exploring the bidirectional relationship between sleep disorders and broader mental health conditions; The impact of sleep deprivation on neurodevelopmental disorders, the role of sleep in neuropsychiatric disorders, the broader cognitive and emotional consequences of chronic sleep deprivation, the relationship between sleep deprivation and suicidal ideation, and its potential role in increasing the risk of self-harming behaviors; Consider the impact of circadian disruption on mental health, particularly in the context of shift work and jet lag, and will explore sleep disorders in special populations such as children, adolescents, the elderly, and individuals with chronic pain or illness.

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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