

## 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

Dr. Haitham Jahrami  
Dr. Seithikurippu R. Pandi-Perumal  
Dr. Khaled Trabelsi

### Deadline for manuscript submissions

closed (28 June 2025)



## Brain Sciences

---

an Open Access Journal  
by MDPI

---

Impact Factor 2.8  
CiteScore 5.6  
Indexed in PubMed



[mdpi.com/si/211831](https://mdpi.com/si/211831)

*Brain Sciences*  
Editorial Office  
MDPI, Grosspeteranlage 5  
4052 Basel, Switzerland  
Tel: +41 61 683 77 34  
[brainsci@mdpi.com](mailto:brainsci@mdpi.com)

[mdpi.com/journal/  
brainsci](https://mdpi.com/journal/brainsci)





# Brain Sciences

---

an Open Access Journal  
by MDPI

---

Impact Factor 2.8  
CiteScore 5.6  
Indexed in PubMed



[mdpi.com/journal/  
brainsci](https://mdpi.com/journal/brainsci)



## About the Journal

### Message from the Editor-in-Chief

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.

---

### Editor-in-Chief

Prof. Dr. Stephen D. Meriney

Department of Neuroscience, University of Pittsburgh, Pittsburgh, PA  
15260, USA

---

### Author Benefits

#### High Visibility:

indexed within Scopus, SCIE (Web of Science), PubMed, PMC, Embase, PSYINDEX, PsycInfo, CAPlus / SciFinder, and other databases.

#### Rapid Publication:

manuscripts are peer-reviewed and a first decision is provided to authors approximately 17.6 days after submission; acceptance to publication is undertaken in 2.5 days (median values for papers published in this journal in the second half of 2025).

#### Recognition of Reviewers:

reviewers who provide timely, thorough peer-review reports receive vouchers entitling them to a discount on the APC of their next publication in any MDPI journal, in appreciation of the work done.