

Special Issue

Advances in Global Sleep and Circadian Health

Message from the Guest Editor

Sleep health is increasingly recognized as a critical component of overall well-being, intersecting with physical, mental, and emotional health. This Special Issue aims to highlight the latest findings in the definition and understanding of sleep health across diverse populations, regions, and socioeconomic contexts, including technological breakthroughs, public health initiatives, translational research, and policy-driven approaches aimed at addressing sleep-related disparities and improving access to care. The Special Issue will feature cutting-edge research in areas such as:

Current technology and applications in diagnosing and managing various sleep disorders;

Factors contributing to sleep and sleep health;

Studies addressing the understanding of sleep and sleep health as represented by regional, socioeconomic status, gender, and ethnicity;

Sleep and Chronic Diseases: Research on the interrelationships between sleep and conditions like cardiovascular disease, diabetes, and mental health;

Policy Interventions: Evaluations of programs and guidelines aimed at improving population-level sleep health.

Guest Editor

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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.

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