

Special Issue

Behavioural, Emotional and Cognitive Processes Linked to Healthy Sleep and Insomnia

Message from the Guest Editors

Sleep is a fundamental physiological process shared by different organisms. Although it is regulated by complex biological mechanisms, it is also influenced by behaviours, emotional experiences and cognitions.

These aspects can, conversely, be influenced by sleep. Insomnia disorder is a risk factor for mental and somatic disorders. This Special Issue will present a collection of studies deepening the behavioural, emotional and cognitive factors contributing to the vulnerability and maintenance of insomnia disorder, as well as promoting or inhibiting sleep health across the lifespan. Articles on specific populations and on treatment approaches targeting behavioural, emotional and/or cognitive processes will be welcomed. Authors are invited to submit papers addressing the link between insomnia disorder or symptoms/sleep health and one or more of the following topics: Behavioural factors, such as bedtime routines, pre-sleep behaviours, the use of medications or substances; Emotional factors, such as affective states, emotion regulation, emotion reactivity/variability and mood; Cognitive factors, such as worry and rumination, attention, memory and problem solving.

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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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