

Special Issue

Sleep Disorders and Brain Function

Message from the Guest Editor

Sleep is important for adequate neurological development and function. Studies have demonstrated that abnormal sleep patterns can adversely affect memory consolidation, executive function, cognition, and aging. The importance of sleep in neurodegenerative diseases is undeniable. In this issue, I want to highlight the interrelation of sleep and brain function, both in normal sleep and in sleep disorders.

In 2022, the world sleep slogan is “quality sleep, sound mind, happy world” and aims to emphasize the importance of sleep in mental health. This Special Issue of Brain Sciences is a great opportunity to highlight research and expertise, and display it among other manuscripts that will focus on the importance of sleep for mental health and neurological function.

Guest Editor

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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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