

## Special Issue

# Effects of Sleep Deprivation on Cognition, Emotion, and Behavior

### Message from the Guest Editors

The demands from the modern industrial societies, such as around-the-clock works, the intake of substances suppressing/disrupting sleep, or the prolonged use of light-emitting electronics devices, are linked to acute and chronic sleep loss. Both acute and chronic sleep deprivation drastically alters cortical activity and results in significant cognitive, behavioral, and emotional impairments. Importantly, it is not completely clear if performance and emotional deficits are completely reversed with short-lasting recovery sleep (e.g., over the weekend). Furthermore, sleep reduction has been highlighted in several clinical populations as an associated symptom worsening disease outcomes, but also as a predisposing factor. This Special Issue will deal with the immediate and long-lasting effects of acute and chronic sleep loss (total, partial, or selective) on cognition, behavior, and emotional regulation across the lifespan and in clinical populations. Not only laboratory studies, but also on-the-field and applied research as well as review papers are highly welcome.

### Guest Editors

Prof. Dr. Michele Ferrara

Department of Biotechnological and Applied Clinical Sciences,  
University of L'Aquila, Via Vetoio, Coppito 2, 67100 L'Aquila, Italy

Dr. Aurora D'Atri

Department of Biotechnological and Applied Clinical Sciences,  
University of L'Aquila, 67100 L'Aquila, Italy

### Deadline for manuscript submissions

closed (15 January 2023)



## Brain Sciences

---

an Open Access Journal  
by MDPI

---

Impact Factor 2.8  
CiteScore 5.6  
Indexed in PubMed



[mdpi.com/si/130415](https://mdpi.com/si/130415)

*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/](https://mdpi.com/journal/)

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





# 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 16.2 days after submission; acceptance to publication is undertaken in 1.9 days (median values for papers published in this journal in the first 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.