

Special Issue

Effects of Sleep Disruption on Daytime Functioning

Message from the Guest Editors

As you know, there is a strong discrepancy between daytime effects of sleep deprivation and daytime effects of insomnia and other types of 'natural' sleep deprivation. This Special Issue 'Effects of Sleep Disruption on Daytime Functioning' under the guidance of the journal *Brain Sciences*

(<https://www.mdpi.com/journal/brainsci>), is therefore timely, as it will feature articles addressing each type of sleep disruption but also different types of affected daytime functioning (e.g. cognitive, affective and physical functioning). By this issue we hope to shed more light on explanations for the differences between objective and subjective sleep disruption, sleep perception, compensatory mechanisms and choice of representative test type. This can be achieved through data-driven research albeit be cross-sectional in design or other (example, RCT/RCD). I invite you to submit your latest innovative research on daytime consequences of sleep disruption for this Special Issue.

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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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