

## Special Issue

# Understanding the Relationship between Sleep and Psychiatric Disorders

### Message from the Guest Editors

Healthy sleep is essential for the optimal performance of physical, cognitive, and emotional processes. Sleep serves to maintain memory consolidation, emotion regulation, and restoration of the body and brain. When these processes are disturbed, the consequences are not only detrimental to everyday health and well-being, they increase vulnerability to psychiatric difficulties. Most psychiatric populations report a sleep-related complaint of some form. Whilst poor sleep and insomnia symptoms are perhaps most prevalent, additional complaints involve excessive daytime sleepiness, hypersomnolence, circadian rhythm disruption, or a culmination of varying sleep complaints. After the empirical research, it is well accepted that sleep disruption predicts the first onset of psychiatric conditions, whilst worsening the severity of those experiencing pre-existing symptoms. This Special Issue aims to provide a further understanding of the complex relationship between sleep and psychiatric disorders. Authors are invited to submit novel research and reviews that address a broad range of topics related to disturbed and/or disordered sleep in relation to particular psychiatric disorders.

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### Guest Editors

Dr. Umair Akram

Dr. Sarah Allen

Dr. Maria Gardani

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### Deadline for manuscript submissions

closed (25 July 2023)



## Brain Sciences

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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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### Editor-in-Chief

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