

Special Issue

Disturbances of Sleep Among Older People

Message from the Guest Editors

We are entering an era of a steep increase in the absolute and relative number of older people. This represents a major challenge for health care, which has to sustain the ability of staying healthy at any age (including keeping both high cognitive and high physical functioning, and avoiding or at least minimizing disease and disability). Among the targets that may be of interest, sleeping does not come out easily as a main factor, but its abnormalities lead to many consequences, such as sleepiness, cognitive impairment, and several cardiovascular events, thus spreading disabilities all over the body. In that view, it seems of major importance to correlate the brain structure to different sleep pathologies such as insomnia, restless legs syndrome, or periodic limb movement disorder. In that view, the exploration of the links between these clinical dysfunctions and brain structure appears to be of utmost importance to the promotion of successful aging.

Guest Editors

Prof. Dr. Luigi De Gennaro

Department of Psychology, Sapienza University of Roma, Roma, Italy

Dr. Maurizio Gorgoni

Department of Psychology, Sapienza University of Rome, 00185 Rome, Italy

Deadline for manuscript submissions

closed (30 April 2020)



Brain Sciences

an Open Access Journal
by MDPI

Impact Factor 2.8
CiteScore 5.6
Indexed in PubMed



mdpi.com/si/22295

Brain Sciences
Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
brainsci@mdpi.com

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





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.