

Special Issue

New Research in Insomnia

Message from the Guest Editor

Insomnia is an important health issue. Many theories have been set forward to explain its development and maintenance. In the same line of thinking, many tools have been used to empirically validate some of these theories. Despite our best efforts, some concepts, such as hyperarousal, consolidation of sleep, and sleep perception remain difficult to circumscribe. In addition, not much is known about the link between night-time and day-time cognitions and emotions. This Special Issue, "New Research in Insomnia", is timely, as it will feature articles that address how insomnia develops and is maintained through cognitions, emotions and sleep dysregulation. I invite you to submit your latest innovative research on insomnia for this Special Issue.

Dr. Célyne H. Bastien

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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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