

## Special Issue

# Insomnia: Beyond Hyperarousal

### Message from the Guest Editor

The special issue will deal with pathophysiological signs of insomnia as well as with phenomenological ones. For example, is EEG still informative or which information shall be taken from the EEG to advance insomnia research? Does cognitive 'hyperarousal' really exist? Is 'hyperarousal' outdated? What happens to 'hyperarousal' after treatment? Should reduction in 'hyperarousal' be an endpoint to treatment efficacy? This new issue on insomnia, as for insomnia individuals, will deal with a diversity of subjects. We welcome those researchers with exciting data on comorbid conditions to submit their paper as well as others with new approaches to the insomnia phenomenon. Exercise research in a clinical setting which provides data (EEG, PSG, MRI, etc) which might shed some light on the pathophysiology of insomnia, are welcomed. Another part of insomnia which remains quite unexplored, is in children part of this issue can easily be dedicated to sleep in children. We aim to set forward new thinking about insomnia research, uncharted territories needing to be explored. Review, meta-analysis, pre-post treatment data, etc. are welcome.

### Guest Editor

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### Deadline for manuscript submissions

closed (15 January 2020)



## 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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