

Special Issue

Sleep and Brain Development

Message from the Guest Editor

The function of sleep is an enduring biological mystery. This mystery only deepens when we look back in ontogenetic time. Across a wide variety of animal species, sleep amounts are maximal during early development. This abundance of sleep coincides with periods of heightened brain growth and plasticity. This suggests that one function of sleep may be to promote normal brain maturation. This intuitive idea, however, has been minimally explored. A more complete understanding of sleep ontogenesis and the impact of normal and abnormal sleep on the developing brain is needed. The current special issue will feature articles that address how sleep and sleep regulation change during development, and the interactions between sleep, brain maturation and plasticity, and behavior.

Guest Editor

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