

Special Issue

Sleep, Circadian Rhythms and Cognitive Function

Message from the Guest Editor

Sleep is crucial for cognition. Lack of sleep has detrimental effects on different aspects of cognitive function. In addition, a decrease in the amplitude and robustness of the circadian clock may contribute to disorganized sleep–wake patterns and thus promote impaired cognition. Target populations include adolescents, shift workers, patients with dementia, patients suffering from a range of mental disorders and the elderly. Therefore, the identification of weak circadian rhythms and poor sleep as contributing factors for cognitive impairment is crucial to improve the quality of life and overall well-being of these populations. Equally important is the development of interventions and therapies, such as physical activity, diet or light therapy, which promote sleep quality and thereby improve cognitive function. In this special issue, we invite original research articles, reviews and commentaries on all aspects related to sleep or circadian disturbances and cognition. Expert articles describing the potential of interventions or therapies to improve sleep or circadian rhythms with a focus on cognition are most welcome.

Guest Editor

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