

## Special Issue

# Sleep Disorders and Mental Health in Children

### Message from the Guest Editors

Mental disorders significantly contribute to childhood disability worldwide, affecting about 15% of young people, with over half of cases emerging before the age of 14. These disorders constitute more than a third of patients' lives, leading to a roughly 13% reduction in life years due to premature mortality or to living in a state of compromised health (i.e., disability-adjusted life years (DALYs)). Despite being a global priority, the understanding of active ingredients for preventing and treating mental disorders remains limited. Short sleep duration, poor sleep quality, and circadian disruption are among the well-established factors impacting mental health. However, it remains unclear whether they act as risk factors, consequences, or even prognostic endophenotypes. Addressing this crucial knowledge gap, we invite submissions from researchers worldwide that explore the intricate relationship between mental health and sleep disorders in childhood, particularly regarding externalizing and internalizing symptoms and their differentiation. Both reviews and original research contributions are encouraged.

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### Guest Editors

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### Deadline for manuscript submissions

closed (30 January 2025)



## Children

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## About the Journal

### Message from the Editor-in-Chief

You are invited to contribute a research article or comprehensive review for consideration and publication in *Children* (ISSN 2227-9067). *Children* is an open access journal—research articles, reviews, and other content are published online immediately after acceptance. The scientific community and the general public have unlimited free access to the content as soon as it is published. The journal focuses on sharing clinical, epidemiological, and translational science relevant to children's health. We would be pleased to welcome you as one of our authors.

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### Editor-in-Chief

Prof. Dr. Paul R. Carney  
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