

## Special Issue

# Insufficient Sleep Syndrome in Children and Adolescents

### Message from the Guest Editor

Sleep is essential for humans and good sleep is positively associated with health. However, sleep is affected by bio-psycho-social factors, and thus variability in sleep duration among individuals is quite high. Although several recommendations for adequate sleep duration have been made, these recommendations have a wide range due to the marked interindividual variations for each optic sleep duration (OSD). Most people in modern society, especially adolescents, tend to sleep for a much shorter duration, which leads to the development of insufficient sleep syndrome due to the accumulation of sleep debt. A previous study showed that among patients aged 20 years or less who visited an outpatient sleep clinic, 31% were diagnosed with insufficient sleep syndrome. To reduce sleep debt, it is important to find the individual's OSD; however, no simple method to determine OSD has yet been established. In the current Special Issue, manuscripts on adolescent sleep, insufficient sleep syndrome, and the optimal sleep duration of adolescents from variable standpoints such as obesity, cardiovascular diseases, academic performance, and PVT are welcome.

### Guest Editor

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### Deadline for manuscript submissions

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### 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

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