

## Special Issue

# Light, Sleep and Human Health II

### Message from the Guest Editor

The advent of electric lighting has permitted humans to live apart from the natural, 24-hour pattern of light and dark, providing numerous social and economic benefits that have come at a cost of mounting health risks. Our “light at any time” world has opened the way for chronic disruption of the circadian system and a host of associated problems with sleep, metabolic and emotional health, and general well-being. The aim of this Special Issue is to explore the many facets of circadian disruption in the built environment and how light can be used to counter its deleterious effects.

---

### Guest Editor

Prof. Dr. Mariana G. Figueiro

Lighting Research Center, Department of Population Health Science and Policy Icahn School of Medicine at Mount Sinai One Gustave Place, Box 1077 New York, NY, USA

---

### Deadline for manuscript submissions

closed (30 June 2023)



## Clocks & Sleep

---

an Open Access Journal  
by MDPI

---

Impact Factor 2.1  
CiteScore 4.2  
Indexed in PubMed



[mdpi.com/si/91959](https://mdpi.com/si/91959)

*Clocks & Sleep*  
Editorial Office  
MDPI, Grosspeteranlage 5  
4052 Basel, Switzerland  
Tel: +41 61 683 77 34  
[clockssleep@mdpi.com](mailto:clockssleep@mdpi.com)

[mdpi.com/journal/  
clockssleep](https://mdpi.com/journal/clockssleep)





# Clocks & Sleep

---

an Open Access Journal  
by MDPI

---

Impact Factor 2.1  
CiteScore 4.2  
Indexed in PubMed



[mdpi.com/journal/  
clockssleep](https://mdpi.com/journal/clockssleep)



## About the Journal

### Message from the Editorial Board

---

#### Editors-in-Chief

Prof. Dr. Christian Cajochen  
Psychiatric Hospital of the University of Basel, Centre for  
Chronobiology, Wilhelm-Kleinstr. 27, CH-4002 Basel, Switzerland

Prof. Dr. Paul Franken  
Center for Integrative Genomics, University of Lausanne, 1015  
Lausanne, Switzerland

---

#### Author Benefits

##### High visibility:

indexed within Scopus, ESCI (Web of Science), PubMed,  
PMC, FSTA, and other databases.

##### Journal Rank:

CiteScore - Q2 (Neuroscience (miscellaneous))

##### Rapid Publication:

manuscripts are peer-reviewed and a first decision is  
provided to authors approximately 37 days after  
submission; acceptance to publication is undertaken in 4.7  
days (median values for papers published in this journal in  
the first half of 2025).