

Special Issue

The Influence of Sleep Quality on Health and Mental Well-Being

Message from the Guest Editors

Sleep is a vital biological process essential for physical health, emotional regulation, and cognitive functioning across the lifespan. Growing evidence highlights the bidirectional relationship between sleep quality and mental well-being: poor sleep can worsen psychiatric symptoms and cognitive decline, while psychological distress often disrupts sleep. This Special Issue aims to gather original research (qualitative and quantitative), systematic reviews, and meta-analyses examining how sleep quality shapes health trajectories, with emphasis on developmental, neuropsychological, and psychosomatic conditions. We welcome studies on the impact of sleep on brain development, executive function, emotional regulation, resilience, and quality of life in both clinical and non-clinical groups. Research on sleep disorders (e.g., insomnia, parasomnias, sleep apnea), their comorbidities, and interventions to improve sleep hygiene or circadian rhythms is encouraged. Multidisciplinary approaches spanning neuropsychology, psychiatry, behavioral medicine, and digital health are particularly valued.

Guest Editors

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About the Journal

Message from the Editorial Board

The journal offers an integrating approach to the disciplines it addresses, highlighting the role of health as a transversal axis in educational and psychological processes, present in human development, throughout the life cycle. *European Journal of Investigation in Health, Psychology and Education* (ISSN 2254-9625) is a peer-reviewed scientific journal that publishes original articles and systematic reviews or meta-analyses related to research on human development throughout the life cycle. It is a journal of the University Association of Education and Psychology and is published monthly online by MDPI.

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