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Genetics of Sleep and Sleep Disorders

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Message from the Guest Editor

Sleep deprivation and disorders are associated with cardiometabolic diseases, psychiatric disorders, cognition function, and mortality. Research in model organisms has revealed the genetic background of sleep–wake control mechanisms, and genes involved in metabolomic and inflammation pathways. However, genomics research on humans still lags behind because of the heterogeneous nature of sleep phenotypes and the challenges related to collecting sleep measurements in large datasets. For example, in recent biobanks, only a couple of sleep phenotypes (like sleep duration and timing) were collected using simple questions. Deep phenotypes characterizing physiological mechanisms are crucial in sleep genomics analysis to identify novel genes and pathways.

This Special Issue aims to provide an overview of the genetics of sleep and sleep disorders, with a particular interest in promoting genomics studies of physiological informative objective phenotypes. Topics of interest include but are not limited to studies of selected and/or deeply phenotyped individuals that provide new hypotheses, and studies that triangulate sources of information to increase power.



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Special Issue



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Message from the Editor-in-Chief

Genes are central to our understanding of biology, and modern advances such as genomics and genome editing have maintained genetics as a vibrant, diverse and fastmoving field. There is a need for good quality, open access journals in this area, and the *Genes* team aims to provide expert manuscript handling, serious peer review, and rapid publication across the whole discipline of genetics. Starting in 2010, the journal is now well established and recognised.

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