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Sleep Disorders and Mental Health

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Message from the Guest Editor

Sleep disorders and mental health problems have a significant burden of disease collectively and as individual disorders, but clear estimates of their combined burden are limited. Furthermore, the associations between some mental health problems and sleep disorders are traditionally known but others are novel and lack clear pathophysiological links and causal direction, resolving which is required to inform the primary and secondary prevention of either condition arising from the other. Some associations are seemingly bi-directional, making this understanding ever more important.



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Message from the Editor-in-Chief

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