

Special Issue

Research on Sleep Medicine: Practice and Challenges

Message from the Guest Editor

Sleep medicine is a rather nascent but dynamic area of research in various disciplines, such as medicine, neuroscience and psychology, dedicated to understanding the complexities of sleep and its impact on human health. The first focus of sleep research is to define sleep characteristics and mechanisms of their development through the life span. Furthermore, it explores the role of sleep on human body functions and overall well-being. The second focus of sleep medicine research is the study of sleep disorders, such as sleep apnea, insomnia, and restless leg syndrome. Recent studies in sleep medicine research include the identification of biomarkers such as hormones, EEG, inflammation and stress markers, etc. and diagnostic tools for sleep/ sleep disorders, while the development of personalized treatment approaches are also being investigated. This Special Issue invites articles on sleep medicine research focusing on the role of sleep in human health as well as the challenges posed by sleep disorders aiming to improve the diagnosis, treatment, and overall management of sleep-related issues, ultimately leading to healthier sleep for individuals.

Guest Editor

Dr. Maria Basta

Division of Psychiatry, School of Medicine, University of Crete, 71003
Crete, Greece

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Healthcare
Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
healthcare@mdpi.com

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About the Journal

Message from the Editor-in-Chief

Healthcare is an international, peerreviewed, open access, multidisciplinary journal. Original research articles, short communications, review articles, and symposium highlights are welcomed.

Healthcare hopes to influence global health and disease aspects, and hopes to gain high visibility and acceptance by the scientific and healthcare community and will dedicate itself to covering special and specific topics in special issues.

We would be pleased to welcome you as one of our authors.

Editor-in-Chief

Prof. Dr. Lorraine S. Evangelista

Sue & Bill Gross School of Nursing, University of California, Irvine, CA
92697, USA

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