

# Special Issue

## Sleep Disorders in the Elderly

### Message from the Guest Editor

Sleep changes with aging, and multiple etiologies may contribute to poor sleep. Sleep disturbances have a negative impact on quality of life and data suggest that they correlate with significant negative effects on physical and mental health, and health-related quality of life. Based on scientific data, we could consider strategies to avoid or to diminish one risk factor which has negative impact on healthy aging: sleep disturbance. Accordingly, this Special Issue seeks empirical and practical studies considering sleep disturbances in elderly and their impact on the quality of life. We welcome research covering topics including, but not limited to, the following:

- The impact of sleep disturbances on mental health among the elderly population;
- Sleep patterns and respiratory disorders among the elderly population;
- Sleep disorders and the impact of their treatment among the elderly population;
- Strategies for correcting sleep disturbances among the aging population;
- Challenges and responses in healthcare systems/sectors;
- Health policies.

### Guest Editor

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### Deadline for manuscript submissions

closed (29 February 2024)



## Healthcare

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## About the Journal

### Message from the Editor-in-Chief

*Healthcare* is an international, scientific, peer-reviewed, open access journal on health care systems, industry, technology, policy, and regulation, and is published semimonthly online by MDPI. Ocular Wellness & Nutrition Society (OWNS) is affiliated with Healthcare and its members receive discounts on article processing charges.

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