

Special Issue

Behavioral Sleep Medicine: Current Research Developments

Message from the Guest Editors

Behavioral sleep medicine is a multidisciplinary area of basic and clinical research focused on the study of the psychological (cognitive, emotional, and behavioral) mechanisms related to normal and pathological sleep, as well as with the development and application of empirically validated cognitive-behavioral procedures for the assessment and treatment of sleep disorders and associated problems. In this Special Issue, original articles on this healthcare research area will be considered. Main topics of interest include, but are not limited to, the following:

- Normal human sleep
- Sleep and human development
- Sleep, neurocognitive function, and performance
- Insomnia
- Sleep related breathing disorders
- Central disorders of hypersomnolence: narcolepsy and idiopathic hypersomnia
- Circadian rhythm sleep-wake disorders
- Sleep related movement disorders
- Parasomnias
- Epidemiology of sleep disorders
- Sleep and sleep disorders in special populations
- Neurological disorders and sleep
- Sleep and psychopathology
- Behavioral assessment procedures and techniques
- Cognitive-behavioral therapies

Guest Editors

Prof. Dr. Miguel A. Simón

Health Psychology Research Unit, Department of Psychology,
University of A Coruña, 15071 A Coruña, Spain

Prof. Dr. Ana M. Bueno

Health Psychology Research Unit, Department of Psychology,
University of A Coruña, 15071 A Coruña, Spain

Deadline for manuscript submissions

closed (5 January 2024)



Healthcare

an Open Access Journal
by MDPI

Impact Factor 2.7
CiteScore 4.7
Indexed in PubMed



mdpi.com/si/116064

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, 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.

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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