

## Special Issue

# Sleep and Cognitive Functioning

### Message from the Guest Editor

The cognitive role of sleep involves contributing to memory consolidation and learning processes. Sleep deprivation leads to multiple cognitive deficits and decreased cognitive performance. Most evidently, inadequate sleep quality and quantity induce significant attention deficits that affect functionality throughout the day. Sleep dysregulation associates with elevated inflammation markers and cortisol levels that influence cognition and, particularly, proper memory function. Objectively assessed long sleep duration is particularly frequent among dementia patients and associates with reduced performance on high cognitive demand tasks, whereas this relationship may be driven by the genetic factors linked with Alzheimer's disease. Taking under consideration the complex interplay between sleep processes, stress hormones, inflammation markers, and cognition, we welcome papers investigating the above factors on the current Special Issue.

### Guest Editor

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### Deadline for manuscript submissions

closed (31 May 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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