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

Dr. Maria Basta

- 1. Department of Psychiatry, University Hospital of Heraklion, 71500 Heraklion, Greece
- 2. Sleep Research and Treatment Center, Department of Psychiatry, Penn State University, State College, PA 16802, USA

Deadline for manuscript submissions

closed (31 May 2024)



Healthcare

an Open Access Journal by MDPI

Impact Factor 2.7
CiteScore 4.7
Indexed in PubMed



mdpi.com/si/155695

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

mdpi.com/journal/ healthcare





Healthcare

an Open Access Journal by MDPI

Impact Factor 2.7 CiteScore 4.7 Indexed in PubMed



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

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

Editor-in-Chief

issues.

Prof. Dr. Lorraine S. Evangelista

Louise Herrington School of Nursing, Baylor University, Dallas, TX 75246-1754, USA

Author Benefits

High Visibility:

indexed within Scopus, SCIE and SSCI (Web of Science), PubMed, PMC, and other databases.

Journal Rank:

JCR - Q2 (Health Policy and Services) / CiteScore - Q1 (Leadership and Management)

Rapid Publication:

manuscripts are peer-reviewed and a first decision is provided to authors approximately 21.5 days after submission; acceptance to publication is undertaken in 2.6 days (median values for papers published in this journal in the first half of 2025).

