

## Special Issue

# Sleep Disorders: Chronic Medical Burden

### Message from the Guest Editors

It is estimated that 50 to 70 million Americans chronically suffer from a disorder of sleep and wakefulness, reporting symptoms of daytime sleepiness, insomnia, abnormal events during sleep, or irregular sleep schedules. There are at least 90 distinct sleep disorders. Moreover, lifestyle factors such as unbalanced diet, decreased physical activity, and excessive electronic media use further affect the quantity and quality of sleep. Unfortunately, sleep problems are still underdiagnosed and underreported. In adults, the long-term effects of sleep loss and disorders have been associated with increased morbidity, including cardiometabolic disease and obesity, as well as all-cause mortality. In school-aged children and adolescents, sleep deprivation has been associated with poor performance, obesity, depressive symptoms, and increased substance use. Besides, as sleep plays an important role in determining cognitive performance and vigilance, lack of sleep has been associated with traffic and industrial accidents, medical errors and decreased work productivity, with severe economic consequences.

---

### Guest Editors

Dr. Georgia Trakada  
Dr. Paschalis Steiropoulos  
Prof. Dr. Beat Knechtle

---

### Deadline for manuscript submissions

closed (1 March 2023)



## Healthcare

---

an Open Access Journal  
by MDPI

---

Impact Factor 2.7  
CiteScore 5.5  
Indexed in PubMed



[mdpi.com/si/102131](https://mdpi.com/si/102131)

*Healthcare*  
Editorial Office  
MDPI, Grosspeteranlage 5  
4052 Basel, Switzerland  
Tel: +41 61 683 77 34  
[healthcare@mdpi.com](mailto:healthcare@mdpi.com)

[mdpi.com/journal/  
healthcare](https://mdpi.com/journal/healthcare)





# Healthcare

---

an Open Access Journal  
by MDPI

---

Impact Factor 2.7  
CiteScore 5.5  
Indexed in PubMed



[mdpi.com/journal/  
healthcare](https://mdpi.com/journal/healthcare)



## 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

---

### 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 22.4 days after submission; acceptance to publication is undertaken in 2.9 days (median values for papers published in this journal in the second half of 2025).