

Special Issue

Sleep Disorders Effect on Human Health

Message from the Guest Editors

Sleep plays a vital role in healthy cognitive and behavioural functioning across all cultures. In recent years, sleep disorders and sleep disturbances have been linked to health conditions and mental health issues as well as physical and emotional functioning. Numerous studies have pointed to sleep disturbances as an important predictor of executive functioning and behavior, language, and academic performance. There is also strong evidence that new knowledge is consolidated across sleep periods. We hope that this Special Issue will highlight the diversity and impact of sleep issues across cultures and populations. This Special Issue welcomes original research articles with cross-sectional, longitudinal, and intervention studies, as well as reviews, meta-analyses, and systematic reviews.

Guest Editors

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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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