



Effect of Insomnia on Human Health

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Deadline for manuscript
submissions:

closed (30 January 2021)

Message from the Guest Editors

This Special Issue offers an opportunity to publish high-quality interdisciplinary empirical research and reviews that report on the wide range of topics related to the effects of insomnia on health. Contributions focusing on potential bio-psycho-social variables underlying the relationships between insomnia and mental and/or physical health, as well as interventional studies, are welcomed.

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Message from the Editor-in-Chief

Addressing the environmental and public health challenges requires engagement and collaboration among clinicians and public health researchers. Discovery and advances in this research field play a critical role in providing a scientific basis for decision-making toward control and prevention of human diseases, especially the illnesses that are induced from environmental exposure to health hazards. *IJERPH* provides a forum for discussion of discoveries and knowledge in these multidisciplinary fields. Please consider publishing your research in this high quality, peer-reviewed, open access journal.

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