



Treatment of Insomnia and Sleep Disorders

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Message from the Guest Editor

Sleep medicine is a fast-growing area of medical practice that involves multiple medical and health professions. This Special Issue is dedicated to emerging digital and virtual methods for diagnosis and treatment of sleep disorders. Many of these new approaches are suitable for use in telemedicine. This Special Issue calls for papers: 1) reporting on the effectiveness, and implementation of wearables in the diagnosis of sleep disorders, 2) contrasting the utility of diverse physiological and kinematic signals for detecting sleep disorders, 3) reporting on the usage of telemedicine methods in the treatment of sleep apnea, insomnia and other sleep disorders, and 4) evaluating diagnostic and therapeutic effectiveness and efficacy of apps and online therapies for sleep disorders.





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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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