



## Sleep Quality and Health-Related Outcomes

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### Message from the Guest Editors

It is widely accepted that insufficient and poor-quality sleep are high-risk factors for health outcomes such as diabetes, dyslipidemia, hypertension cardiovascular disease, malignant neoplasm and cerebrovascular disease. It also has deleterious effects on quality of life, cognitive performance, workplace productivity - the consequences of sleep-deprivation have far-reaching societal and economic consequences. However, most previous studies on interactions between health-related outcomes and sleep have mainly focused on *sleep duration*. Recently, it became possible to monitor “sleep quality” with wearable devices and portable electroencephalography devices. We would like to accept studies on both subjective and objective measurements of *sleep quality* using interviews, questionnaires, portable monitors, wearable devices, etc. Studies on outcomes of *sleep quality* or intervention on *sleep quality* are very welcome.





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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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