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Sleep, Sleep Disorders and Public Health

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Message from the Guest Editors

We would like to invite you to contribute to a unique Special Issue of the *International Journal of Environmental Research and Public Health* named “Sleep, Sleep Disorders and Public Health”. The aim of this issue is to feature articles that describe how sleep and sleep disorders have a specific and important impact on public health.

As a first step, we would like to explain how insufficient sleep may be considered as a risk factor for overweight and obesity, type 2 diabetes, and cardiovascular risks in adults and in children.

Then, we would describe how sleep reflects the disturbed environment: noise, light pollution, temperature, and screen addictions in children.

Thirdly, we would aim to assess the societal cost of sleep disorders, insomnia, shift-work disorders, sleep apnea, and hypersomnia.

Finally, we would focus on the topic of sleep, sleep disorder, and Artificial intelligence (AI), and public health perspectives. This includes implementing AI in insomnia, sleep apnea, night shift-work, and the role of wearables in assessing sleep in chronic diseases.

We thank you in advance for contributing in this very timely topic.

Sincerely.



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Special Issue



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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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