



## The Impact of Sleep Health on Chronic Diseases

Guest Editors:

**Prof. Gerard A. Kennedy**

Psychology, School of Health and  
Life Sciences, Federation  
University, Mt Helen, Australia

**Dr. Russell Conduit**

Department of Psychology, RMIT  
University, Melbourne, VIC 3001,  
Australia

Deadline for manuscript  
submissions:

**closed (31 March 2023)**

### Message from the Guest Editors

Dear Colleagues,

We are very pleased to invite you to submit research articles to a Special Issue of the IJERPH that will explore “The Impact of Sleep Health on Chronic Diseases”. An increasing number of research articles have shown that various indicators of disordered sleep, such as reduced sleep duration, insufficient sleep, sleep fragmentation and hypoxia are strongly related to diabetes, hypertension and stroke, cardiovascular disease, asthma, arthritis, obesity, cognitive impairment, depression and anxiety. Most studies have acknowledged the role of obesity and mental health issues as mediators between disordered sleep and chronic diseases. The negative effects of sleep disorders can be reduced by treatments designed to improve poor sleep habits, encourage weight loss and manage sleep apnoea, and via various pharmacological treatments. Improvement of sleep quantity and quality needs to be part of the standard treatment regimen for chronic diseases. More research should be encouraged to examine the role of disordered sleep in chronic diseases and to assess the impact of treating disordered sleep on chronic diseases.





an Open Access Journal by MDPI

## Editor-in-Chief

### **Prof. Dr. Paul B. Tchounwou**

RCMI Center for Urban Health  
Disparities Research and  
Innovation, Richard Dixon  
Research Center, Morgan State  
University, 1700 E. Cold Spring  
Lane, Baltimore, MD 21251, USA

## 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.

## Author Benefits

**Open Access:** free for readers, with article processing charges (APC) paid by authors or their institutions.

**High Visibility:** indexed within Scopus, PubMed, MEDLINE, PMC, Embase, GEOBASE, CAPus / SciFinder, and other databases.

**Journal Rank:** CiteScore - Q1 (Public Health, Environmental and Occupational Health)

## Contact Us

---

*International Journal of  
Environmental Research and Public  
Health* Editorial Office  
MDPI, Grosspeteranlage 5  
4052 Basel, Switzerland

Tel: +41 61 683 77 34  
www.mdpi.com

mdpi.com/journal/ijerph  
ijerph@mdpi.com  
X@IJERPH\_MDPI