



The Impact of Sleep Health on Chronic Diseases

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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.





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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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