



Sleep and Wellbeing

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submissions:

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Message from the Guest Editor

Dear Colleagues,

We are organizing a Special Issue on Sleep and Wellbeing in the *International Journal of Environmental Research and Public Health*. The venue is a peer-reviewed scientific journal that publishes articles and communications in the interdisciplinary area of environmental health sciences and public health. For detailed information on the journal, we refer you to <http://www.mdpi.com/journal/ijerph>.

Sleep is medicine, as exercise is medicine. Sleep, a behavioural performance enhancer, surpasses the ergogenic effects of caffeine and other enhancing agents. However, sleep can be delicate and easily disrupted by the same factors that promote it, including psychological, physical, medical, and lifestyle (diets, exercise, environment, relationships, stressors, and sleep hygiene) factors. Sleep deprivation can have negative implications for mental, metabolic, physical, and immune functions.

This Special Issue is open to any subject area related to sleep health and wellbeing.

Assoc. Prof. Chin Moi Chow
Guest Editor





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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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