

## Special Issue

# Sleep, Shift Work and Health: Global Perspectives

### Message from the Guest Editors

Chronic lack of sleep or poor-quality sleep is a risk factor for cognitive and mood disorders, cardiovascular diseases, diabetes, obesity and metabolic syndromes, mortality and reduced life expectancy. Undiagnosed sleep disturbances in workers can lead also to significant impairments in health and safety risks. Obstructive sleep apnea, sleep deficit, insomnia, and excessive daytime sleepiness are independently associated with road accidents and near-miss work accidents, as well as with absenteeism and decreases in productivity. Shift work schedules and irregular working times, which are both characteristics of our 24-hour society, mean there is an increased number of people experiencing poor sleep quality and sleep disorders. The present Special Issue will address the issue with emphasis on the role of occupational environments. Original observational studies, randomized controlled trials and protocols, and systematic reviews and case reports are welcome. Other manuscript types may include methodological papers, position papers, brief reports, and commentaries.

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### Guest Editors

Dr. Franca Barbic  
Prof. Dr. Saverio Stranges  
Dr. Nicola Magnavita

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### Deadline for manuscript submissions

closed (15 July 2023)



## International Journal of Environmental Research and Public Health

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## About the Journal

### Message from the Editor-in-Chief

Addressing the environmental and public health challenges requires engagement and collaboration among clinicians and public health researchers. Scientific discoveries and advances in this research field play a critical role in providing a rational basis for informed 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 journal.

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### Editor-in-Chief

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