

Special Issue

Current Research on Sleep and Public Health

Message from the Guest Editors

A “healthy” sleep is a key element for a healthy life. However, in recent decades, it has been observed that an important impairment of sleep, due to sleep disorders, such as insomnia and obstructive sleep apnea, and to the burden of sleep deprivation. Sleep-related problems can affect people of all ages and socioeconomic levels with relevant direct and indirect costs for healthcare systems. This Special Issue aims to investigate different elements of sleep with respect to public health, with a specific focus on the following aspects: (1) to investigate the molecular and biological pathways involved in different conditions characterized by a pathological sleep; (2) to unveil the impact of sleep and sleep disorders on public health, in order to improve the health of people and their communities; (3) to assess the bidirectional link between physiological and pathological sleep and the environment.

Guest Editors

Dr. Eleonora Tobaldini

Dr. Alessandro Silvani

Dr. Paola Proserpio

Deadline for manuscript submissions

closed (28 February 2024)



International Journal of Environmental Research and Public Health

an Open Access Journal
by MDPI

CiteScore 8.5
Indexed in PubMed



mdpi.com/si/163791

*International Journal of
Environmental Research and
Public Health*

Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
ijerph@mdpi.com

[mdpi.com/journal/
ijerph](https://mdpi.com/journal/ijerph)





International Journal of Environmental Research and Public Health

an Open Access Journal
by MDPI

CiteScore 8.5
Indexed in PubMed



[mdpi.com/journal/
ijerph](https://mdpi.com/journal/ijerph)



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.

Editor-in-Chief

Prof. Dr. Paul R. Ward

Centre for Public Health, Equity and Human Flourishing, Torrens
University Australia, Adelaide 5000, Australia

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, CAPlus / SciFinder, and other databases.

Journal Rank:

CiteScore - Q1 (Public Health, Environmental and Occupational Health)