

## Special Issue

# Exploring the Link—Better Sleep Equals Better Health

### Message from the Guest Editors

Deficient sleep has dramatically impacted people's physical, mental, and social health, directly affecting productivity, safety, and quality of life in general. Even though sleep is a central behavior in people's lives, consuming about 1/3 of the day for adults, sleep is often neglected. Sleep is a relevant risk factor for adverse health outcomes and a cause of several diseases, responsible for the decrease in life expectancy and harm to human performance. As modern society plays a central role in sleep deficiency, it is necessary to understand its social and economic magnitude, since sleep deficiency is generally not recognized as a significant public health problem. On the other hand, the causal relationship between poor sleep and health outcomes is still unclear and studies are needed to explain their mechanisms of action. Thus, this Special Issue invites the publication of innovative articles on various aspects of sleep and its impact on health (physical, mental, and social health), the relationship between sleep and work, learning, social organization, and the social costs of sleep, as well as interventions guidelines and policies for better sleep.

### Guest Editors

Dr. Elaine Marqueze

Department of Epidemiology, Universidade Católica de Santos, Av. Conselheiro Nébias, 300 – Vila Matias, Santos 11015-002, SP, Brazil

Dr. Cátia Reis

1. Católica Research Centre for Psychological Family and Social Wellbeing (CRC-W), Catholic University, 1649-023 Lisbon, Portugal
2. Instituto de Medicina Molecular João Lobo Antunes (IMM), Faculdade de Medicina de Lisboa, 1649-028 Lisbon, Portugal
3. Instituto de Saúde Ambiental (ISAMB), Faculdade de Medicina, Universidade de Lisboa, 1649-026 Lisbon, Portugal

### Deadline for manuscript submissions

31 October 2025



## International Journal of Environmental Research and Public Health

an Open Access Journal  
by MDPI

CiteScore 8.5  
Indexed in PubMed



[mdpi.com/si/146705](https://mdpi.com/si/146705)

*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](mailto: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 B. Tchounwou  
RCMI Center for Urban Health Disparities Research and Innovation,  
Richard N. Dixon Research Center, Morgan State University, Baltimore,  
MD 21251, USA

---

### 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)