

Special Issue

Sleep Health: Circadian Alignment, Daylight, Light-at-Night (LAN), and Public Health

Message from the Guest Editor

A misalignment between our body's circadian clock and local solar cycle, as might occur due to specific sleep or work schedules, can lead to social, behavioral, and metabolic health problems. Daily robust patterns of light and dark serve as the primary environmental cue for the sleep-regulating master biological clock. However, the true potential of light as a non-pharmacological tool to promote circadian alignment remains clouded due to some shortcomings.

Papers addressing these shortcomings in pursuit of sleep-promoting circadian lighting solutions are invited for this Special Issue. Furthermore, COVID-19 pandemic has forced people across the world to spend a lot of daytime at their homes and led to a substantial increase in use of self-luminous devices. Lighting for most indoor spaces has been manufactured, designed, and specified to meet visual requirements and to address energy concerns. This issue would also like to invite manuscripts that can shed light on how altered modern-day light exposures can affect sleep and well-being, especially in vulnerable populations such as adolescents and young adults.

Guest Editor

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Deadline for manuscript submissions

closed (31 October 2024)



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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. 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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