

Special Issue

The Impact of Sleep Loss on Human Behavior and Neural Activity

Message from the Guest Editor

Sleep is essential for maintaining behavioral performance and well-being in daily life. It is evident that inadequate sleep adversely affects people's cognitive and affective functions, such as attention, memory, emotion, and social interaction. Moreover, sleep loss affects individuals' brain functions, including the thalamus, default mode network, and frontal-parietal attention network. However, sleep loss commonly happens in modern society. The effect of sleep loss was documented in many contexts, such as at work and educational environments, in traffic safety and in public health. Therefore, it is crucial to increase the scientific understanding of how sleep loss affects people's performance and brain function. This Special Issue plans to provide an overview of the recent advances related to sleep loss on human behavioral performance and neural activity. Research and reviews related to sleep deprivation, sleep restriction and sleep disorders (e.g., insomnia) are welcome.

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. 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

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