

Special Issue

Enhancing Sleep Quality to Improve the Health of People with Chronic Diseases

Message from the Guest Editor

Poor sleep quality increases sympathetic activity and pro-inflammatory cytokines, both of which increase insulin resistance. Advanced glycation end products are significantly increased in chronic sleep insufficiency, which could increase insulin resistance. Stage 3 is the most crucial sleep stage because of growth hormone (GH) and GH-releasing hormone (GHRH) release. They induce fat burning, bone building and general repair and regeneration. The longest part of stage 3 takes place before midnight. A delayed sleep onset suppresses the largest GH pulse, increases ghrelin and decreases leptin. Ghrelin stimulates appetite, whereas leptin does the reverse. All these changes lead to weight gain, less repair and more inflammation, predisposing the body to chronic disorders.

Guest Editor

Dr. Abbas Smiley, MD, PhD

Doctor of Medicine, Department of Preventive Medicine, School of Medicine, University of Rochester, Rochester, NY, 14645, USA

Deadline for manuscript submissions

31 December 2025



International Journal of Environmental Research and Public Health

an Open Access Journal
by MDPI

CiteScore 8.5
Indexed in PubMed



mdpi.com/si/211428

*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 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)