

Special Issue

Recent Scientific Developments in Sleep Disorders

Message from the Guest Editor

Within the last 40 years, sleep has become a major factor for public health. The technological advances achieved in modern society have caused individuals to neglect sleep hygiene and stay awake for longer, with less hours spent in bed during weekdays. The consequences of this sleep deprivation, or circadian misalignment, and of many sleep disorders lead to a high risk of metabolic, cardiovascular and endocrine disorders, as well as mortality. The results of animal, immunogenetic, neuropsychological and human studies have contributed to a better understanding of these consequences, and have opened a spectrum of diagnostic and therapeutic pathways. This issue will provide insights into “Recent Scientific Developments in Sleep Disorders”.

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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