

Special Issue

Sleep and Chronic Diseases

Message from the Guest Editor

Insufficient sleep increases sympathetic activity, pro-inflammatory cytokines and advanced glycation end products, which increase insulin resistance. Delayed sleep onset suppresses the largest GH pulse, increases ghrelin and decreases leptin, which lead to weight gain, less repair and inflammation, predisposing the body to chronic disorders. Accumulations of some neurotoxins start after one night of sleep insufficiency. The results are interference with decision making and increased consumption of unhealthy snacks. High levels of β amyloid lead to sleep fragmentation, worsening of sleep quality and daytime somnolence. Concentration will be difficult and performance will be reduced. Cognition will be deteriorated in the long term. The Special Issue focus on the relationship between sleep and chronic diseases. For example:

- Comparing sleep and other lifestyle factors in chronic diseases
- Interaction of sleep and other lifestyle factors
- Strength of associations between sleep and different chronic diseases
- Mechanisms of associations between sleep and various chronic diseases

Guest Editor

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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

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