

## 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  $\beta$  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

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

closed (31 January 2024)



## International Journal of Environmental Research and Public Health

---

an Open Access Journal  
by MDPI

---

CiteScore 8.5  
Indexed in PubMed



[mdpi.com/si/110225](https://mdpi.com/si/110225)

*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](mailto:ijerph@mdpi.com)

[mdpi.com/journal/](https://mdpi.com/journal/)

[ijerph](https://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 R. Ward

School of Society and Culture, Adelaide University, Adelaide 5001,  
Australia

---

### 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)