

Special Issue

Sleep Deprivation and Related Health Issues

Message from the Guest Editors

The consequences of nonoptimal sleep duration can reverberate throughout multiple temporal scales. On the short time scale of a few days, the immediate consequences include a decrease in several aspects of cognition and behavior (reducing attention and performance, memory formation, sleepiness-related accidents, etc.). If total sleep time remains curtailed for an extended period, the consequences spread beyond cognitive functions into the realm of physiology. Our brain and body regularly send us signals when we are sleep deprived, but we too often ignore them and attempt to cope with our sleep debt. The evidence suggesting that shorter sleep is associated with negative health outcomes is now well-described, based on both well-controlled sleep-deprivation studies and epidemiological data.

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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.

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