

## Special Issue

# Sleep Medicine and Health

### Message from the Guest Editor

Sleep problems and brain health are closely related at all stages of life. Many sleep disorders occur in children and adults and can have similar symptoms. However, some sleep problems may be more prevalent in children and adolescents. The consequences of sleep disorders are complex and affect, among others, the emotional state, neurocognitive functioning, and physical and mental health. They may contribute to a reduction in the quality of life and contribute to an increased risk of metabolic and cardiovascular disorders. More research is needed on sleep physiology and sleep disorders at different stages of life and sleep problems in various chronic diseases to better understand the multidirectional relationship between sleep and health. The negative effects of sleep disorders can be reduced by behavioral improving poor sleep habits. For this Special Issue, we invite researchers related to sleep medicine, chronobiology, psychiatry, pulmonology, epidemiology, pediatrics, and others to submit research articles, short reports, and systematic reviews meta-analyses related to sleep medicine broadly.

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### Guest Editor

Dr. Marcin Zarowski

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### Deadline for manuscript submissions

closed (30 June 2023)



## International Journal of Environmental Research and Public Health

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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.

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### Editor-in-Chief

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