

Special Issue

2nd Edition: Sleep and Wellbeing

Message from the Guest Editors

Although research has established that sleep deficiencies (insufficient or long sleep duration, poor sleep quality, or irregular timing of sleep) are a barrier to positive well-being, less is known about how sleep health promotes positive well-being and mental health. Furthermore, sleep health exists along a continuum, which extends our study of sleep beyond poor sleep, to include good sleep. Through accounting for a health-oriented perspective—as opposed to centering a disease-oriented perspective—we can better characterize all individuals in the population, and more deeply understand the benefits associated with healthy sleep. Given the potential for research on sleep health to encompass multiple facets of sleep, both healthy and unhealthy, this Special Issue focuses on the role of sleep health for well-being and mental health specifically. We invite submissions of manuscripts focused on aspects—or multidimensional assessments—of sleep health, including both good and/or poor sleepers, considering disparities in sleep health, or accounting for the psychological, social, or behavioral promoters of sleep health.

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Deadline for manuscript submissions

closed (15 October 2023)



International Journal of Environmental Research and Public Health

an Open Access Journal
by MDPI

CiteScore 8.5
Indexed in PubMed



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Environmental Research and
Public Health*
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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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