

Special Issue

Sleep Quality Research

Message from the Guest Editor

A “good night’s sleep” is considered a night with a sufficient sleep duration that has provided enough time for the homeostatic restorative process. Sleep duration is the gold standard to define our sleep need, sleep quality is also an important aspect to be considered, and “sleep efficiency”, the relation between total sleep duration and time spent in bed, an indirect parameter used to judge sleep quality. Considering the impact that a good sleep can have on individual physical and mental health, it now seems appropriate to further focus on sleep quality, addressing all those aspects that can alter normal sleep behavior and its effects on wakefulness. Sleep quality is obviously more difficult to measure than sleep duration, and thus, research should currently also move toward methodologies to assess sleep quality. The improvement of our knowledge on indicators and consequences of a “good night’s sleep” appears today as a hot topic, considering the 24/7 revolution and the consequent shrinkage of the dark period that has reduced the time for restfulness and sleep.

Guest Editor

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Deadline for manuscript submissions

closed (31 October 2021)



International Journal of Environmental Research and Public Health

an Open Access Journal
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CiteScore 8.5
Indexed in PubMed



mdpi.com/si/38249

*International Journal of
Environmental Research and
Public Health*

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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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