### **Special Issue**

## Insomnia, Sleep Disorders and Mental Health

### Message from the Guest Editors

As is well known, sleep problems have a huge impact on human health. In particular, insomnia, sleep-wake rhythm, and sleep debt have been shown to negatively associated with physical and mental health such as pain, diabetes, high blood pressure, fatigue, depression. anxiety, addiction, QoL Interestingly, it has also been reported in recent years that improvement in sleep problems can directly promote physical and mental health. In addition, it has been shown that psychological intervention, such as cognitive behavioral therapy, and a new generation of hypnotics, such as orexin receptor antagonists, are more effective treatments of insomnia. However, there is still much that is not known. In this Special Issue, we invite cross-sectional and cohort studies, experimental studies, clinical trials, metaanalysis and systematic reviews that investigate the effects of sleep problems on physical and mental health. Studies that contribute to the development of psychological and pharmacological interventions are especially welcome.

### **Guest Editors**

Dr. Isa Okajima

Department of Psychological Counseling, Faculty of Humanities, Tokyo Kasei University, Itabashi-ku 173-8602, Japan

### Dr. Yoshikazu Takaesu

Department of Neuropsychiatry, Graduate School of Medicine, University of the Ryukyus, Okinawa 903-0215, Japan

### Deadline for manuscript submissions

closed (30 September 2022)



# International Journal of Environmental Research and Public Health

an Open Access Journal by MDPI

CiteScore 8.5
Indexed in PubMed



### mdpi.com/si/67209

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

mdpi.com/journal/ ijerph





# International Journal of Environmental Research and Public Health

an Open Access Journal by MDPI

CiteScore 8.5
Indexed in PubMed





### **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

Centre for Public Health, Equity and Human Flourishing, Torrens University Australia, Adelaide 5000, 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)