

Special Issue

The Latest Molecular and Psycho-Physiological Insights on “Brain Fatigue”

Message from the Guest Editors

To date, the term **Brain Fatigue** has been used as an antonym for physical fatigue or as a synonym for mental fatigue and mental exhaustion, but its definition remains vague. Here, we will tentatively define it as a state of fatigue in the brain that results in a decline in brain function. It is evident that **Brain Fatigue** is closely related to the brain's overactivity due to processing excessive amounts of information with the rapidly growing development of information technology, in contrast to the body's extreme underactivity. Furthermore, these conditions are directly linked to health problems. It is strongly suggested that an overactive brain leads to mental diseases such as depression and dementia, while an underactive body induces physical diseases such as metabolic syndrome and cancer. In other words, it is no exaggeration to say that modern diseases are caused by **Brain Fatigue**. Therefore, clarifying the mechanism of **Brain Fatigue** will promote the development of methods to eliminate it, directly leading to the treatment and prevention of diseases. From this perspective, this special issue is expected to play a prominent role as a forerunner.

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