

Special Issue

The Association Between Sleep Disorders and Metabolic and Mental Health

Message from the Guest Editors

This Special Issue seeks to explore the intricate relationship between sleep disorders and metabolic as well as mental health outcomes. We invite multidisciplinary research that examines the biological, psychological, and clinical dimensions of this association. Studies addressing the mechanisms linking sleep disorders with metabolic syndromes, the bidirectional relationship between poor sleep and mental health disorders, and potential therapeutic interventions are particularly encouraged. In particular, papers focusing on women's sleep health or studies that include significant female cohorts are especially welcome. Women experience unique sleep challenges across their lifespan due to hormonal fluctuations, pregnancy, and menopause, and research in this area is critical for advancing tailored approaches to prevention and treatment. We welcome submissions of original research, reviews, and clinical studies that provide novel insights into this growing field.

Guest Editors

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Deadline for manuscript submissions

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Message from the Editorial Board

There has been an explosion of gene and target based research and therapeutics in the multitude of fields that compose clinical medicine. The *Journal of Clinical Medicine's* (JCM) staff and editorial board are dedicated to providing cutting edge, timely, and peer-reviewed articles covering the diverse subspecialties of clinical medicine. The journal publishes concise, innovative, and exciting research articles as well as clinically significant articles and reviews that are pertinent to the myriad of disciplines within medicine. The articles published are relevant to both primary care physicians and specialists. The journal's full-texts are archived in PubMed Central and indexed in PubMed. Please consider submitting your manuscripts for publication to our journal and check us out on-line!

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