Special Issue

Advances in Sensing Technologies for Sleep Monitoring

Message from the Guest Editors

Sleep is a biological necessity and crucial to maintaining healthy mental and physical functioning. The increasing interest in monitoring and improving sleep behaviours has spurred the development of sensing technologies and devices in recent years. These devices can provide objective measures of sleep, which are less biassed than self-reported measures and are more economical and less labour-intensive to obtain compared to the current gold standard, polysomnography. Recent advances in sensing and digital health technologies and data science facilitate longitudinal monitoring of sleep and big data collection and analysis, providing great opportunities to explore the short- and long-term impact of sleep changes on health and wellbeing. Topics of interest include:

- Sensing technologies and AI algorithms for sleep monitoring;
- Novel data-driven approaches for sleep behaviour assessment;
- Digital health and remote monitoring frameworks that support effective implementation and deployment of data- and technology-driven approaches for sleep monitoring;
- Case studies on co-design, feasibility, usability, acceptance, and performance of sensing technology

Guest Editors

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Deadline for manuscript submissions

15 October 2025

Sensors

an Open Access Journal by MDPI

Impact Factor 3.5
CiteScore 8.2
Indexed in PubMed

mdpi.com/si/218422

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Sensors is a leading journal devoted to fast publication of the latest achievements of technological developments and scientific research in the huge area of physical, chemical and biochemical sensors, including remote sensing and sensor networks. Both experimental and theoretical papers are published, including all aspects of sensor design, technology, proof of concept and application. Sensors organizes Special Issues devoted to specific sensing areas and applications each year.

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