

## Special Issue

# Healthy and Sustainable Cities by Day and Night. The Future of Research-Based Practice.

### Message from the Guest Editor

Recent months have shown that globally, the vast majority of urban settings lack fundamental elements that could improve the physical health and mental wellbeing of city inhabitants during the COVID-19 pandemic and widespread lockdowns. As our cities become denser to accommodate the increase in population, far too many people experience the long-term consequences of densification. These include extreme temperature conditions such as urban heat island, a significant decrease in contact with blue-green infrastructures, as well as reduced exposure to daylight through the day, coupled with an increase in exposure to light pollution at night. The significant and rapid transformation witnessed today, in the way we design, build, and maintain our urban spaces, requires adequate improvement strategies for their integration into Sustainable Development Goals (SDGs) during and after the COVID-19 pandemic. In the context of this Special Issue, submissions that explore mitigation strategies connected to this topic are strongly encouraged.

### Guest Editor

Dr. Karolina M. Zielinska-Dabkowska

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### Deadline for manuscript submissions

closed (31 December 2021)



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### Editor-in-Chief

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