



Effect of Long-Term Insomnia on Mental Health

Guest Editor:

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Message from the Guest Editor

Dear Colleagues,

Over the past decade, world peace has been disrupted by the COVID-19 pandemic, war, and natural disasters resulting from climate change. All these changes, combined with changes to civilization, have caused anxiety that has reduced people's subjective well-being across the globe, especially teenagers and adults. The purpose of this Special Issue is to explain mental health problems in relation to chronic sleep disorder. Among sleep disorders, insomnia is the most prevalent and exhibits a high co-morbidity profile. Studies have acknowledged insomnia as a predictor of serious clinical conditions, such as depression, anxiety, and cognitive impairment. Long-term insomnia rates have been linked to multiple conditions, including mental disorders. This indicated that insomnia is a worldwide public and economic health burden, and suggests that targeting insomnia would help in preventing the progression and reducing the risks of mental disorders. We welcome original cross-sectional studies, longitudinal and experimental studies, literature reviews, systematic reviews, and meta-analyses that are in line with our aims.

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Guest Editor





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