



Extending the Focus on Sleep Health as Well as Sleep Disorders

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Message from the Guest Editors

Dear Colleagues,

Sleep plays an important role in good health and wellbeing. Sleep is involved in a number of vital functions including energy conservation, tissue restoration, memory consolidation, brain waste clearance, and regulation of immune responses. Disruption in sleep has been associated with long-term health consequences, such as hypertension, cardiovascular diseases, obesity, diabetes mellitus, cancer, dementia and mortality. Sleep disorders refers to medical conditions that disturbs the duration, timing, and quality of sleep. Insomnia, sleep-related breathing disorders, hypersomnia, circadian sleep-wake disorders, parasomnias, sleep-related movement disorders are major sleep disorders. The effect of sleep disorders on public health has been studied with various technologies of sleep research including epidemiology, clinical, and basic science. In addition, the so-called sleep industry is growing through industry-academic cooperation in recent years.

This special issue of *IJERPH* focuses on the latest knowledge on the links between sleep disorders and human health. Research on new techniques for sleep disorders is also welcome.





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Message from the Editor-in-Chief

Addressing the environmental and public health challenges requires engagement and collaboration among clinicians and public health researchers. Discovery and advances in this research field play a critical role in providing a scientific basis for decision-making toward control and prevention of human diseases, especially the illnesses that are induced from environmental exposure to health hazards. *IJERPH* provides a forum for discussion of discoveries and knowledge in these multidisciplinary fields. Please consider publishing your research in this high quality, peer-reviewed, open access journal.

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