



New Insights into Sleep Medicine

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Message from the Guest Editor

Sleep is essential for life, and poor sleep is associated with worse health outcomes. Over the last few years, knowledge on sleep medicine and its influence on the human body has improved. For example, the American Heart Association has recently included healthy sleep as a critical component of a healthy heart life.

This Special Issue aims to update the current perspectives in sleep medicine, including sleep and circadian disorders, as well as their impact on health outcomes, to highlight the influence of sleep as a critical factor in wellness. This Special Issue is open to multidisciplinary approaches, including novel data. We particularly encourage the submission of papers that focus on sleep apnea and its impact on health outcomes (cardiovascular, metabolic, neurological, and cancer) and their treatment.





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Message from the Editorial Board

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