



Comorbid Insomnia and Sleep Apnea (COMISA): High Risk Populations, Underlying Mechanisms, Consequences, and Treatment Implications

Guest Editors:

Prof. Douglas Mckay Wallace

Department of Neurology,
University of Miami Miller School
of Medicine, Miami, FL 33136,
USA

Dr. Alexander Sweetman

The Adelaide Institute for Sleep
Health and Flinders Health and
Medical Research Institute: Sleep
Health, Flinders University,
Adelaide, Australia

Deadline for manuscript
submissions:

closed (30 November 2021)

Message from the Guest Editors

Dear Colleagues,

Insomnia and sleep apnea are the two most common sleep disorders globally, and co-exist in up to 50% of patients presenting to sleep clinics for treatment. Comorbid insomnia and sleep apnea (COMISA) is associated with increased healthcare utilization, medical (e.g., cardiometabolic consequences) and psychiatric morbidity (e.g., mood disorders), and worse daytime functioning relative to each condition alone. Recent clinical/physiological subtyping of obstructive sleep apnea has shown that untreated sleep apnea may be a risk factor for the development of insomnia but less is known about the reverse association.

The purpose of this Special Issue is to highlight novel evidence of the prevalence and risk factors for COMISA in specific populations and subgroups, recent discoveries in the immediate and long-term consequences of COMISA, pathophysiological mechanisms underpinning COMISA, and novel treatment approaches assisting in personalizing care for patients with COMISA.





an Open Access Journal by MDPI

Editor-in-Chief

Prof. Dr. Giulio Nicola Cerullo
Dipartimento di Fisica,
Politecnico di Milano, Piazza L.
da Vinci 32, 20133 Milano, Italy

Message from the Editor-in-Chief

As the world of science becomes ever more specialized, researchers may lose themselves in the deep forest of the ever increasing number of subfields being created. This open access journal Applied Sciences has been started to link these subfields, so researchers can cut through the forest and see the surrounding, or quite distant fields and subfields to help develop his/her own research even further with the aid of this multi-dimensional network.

Author Benefits

Open Access: free for readers, with article processing charges (APC) paid by authors or their institutions.

High Visibility: indexed within Scopus, SCIE (Web of Science), Inspec, CAPlus / SciFinder, and other databases.

Journal Rank: JCR - Q1 (Engineering, Multidisciplinary) / CiteScore - Q1 (General Engineering)

Contact Us

Applied Sciences Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland

Tel: +41 61 683 77 34
www.mdpi.com

mdpi.com/journal/applsci
applsci@mdpi.com
[X@Applsci](#)