



## Effects of Sleep Deprivation on Cognition, Emotion, and Behavior

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### Message from the Guest Editors

The demands from the modern industrial societies, such as around-the-clock works, the intake of substances suppressing/disrupting sleep, or the prolonged use of light-emitting electronics devices, are linked to acute and chronic sleep loss.

Both acute and chronic sleep deprivation drastically alters cortical activity and results in significant cognitive, behavioral, and emotional impairments. Importantly, it is not completely clear if performance and emotional deficits are completely reversed with short-lasting recovery sleep (e.g., over the weekend). Furthermore, sleep reduction has been highlighted in several clinical populations as an associated symptom worsening disease outcomes, but also as a predisposing factor.

This Special Issue will deal with the immediate and long-lasting effects of acute and chronic sleep loss (total, partial, or selective) on cognition, behavior, and emotional regulation across the lifespan and in clinical populations. Not only laboratory studies, but also on-the-field and applied research as well as review papers are highly welcome.





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## Message from the Editor-in-Chief

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