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The Pathophysiology of Sleep Disorders

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Message from the Guest Editors

Sleep is a complex biological process for brain and body to perform a number of functions to maintain health. Normal wake and sleep states are generated by a complex neuronal network in the brain and are regulated by homeostatic and circadian mechanisms. The function, biological meaning, and physiological organization of sleep are still pieces of an unresolved scientific puzzle. Sleep disruption can cause multiple disorders. The most common sleep disorders are insomnia, hypersomnia, parasomnia, sleep apnea, restless leg syndrome, and circadian rhythm disorders. Sleep disorders are an undervalued public health problem. Sleep takes up a third of every human being's life and receives much less attention than it deserves by healthcare professionals and policymakers. This Special Edition on "The Pathophysiology of Sleep Disorders" serves as a wakeup call for the importance of sleep and the fact that studying, assessing, and treating its disorders should receive greater prominence in modern medicine.



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Special Issue



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