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## New Research in Insomnia

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### Message from the Guest Editor

Dear Colleagues,

Insomnia is an important health issue. Many theories have been set forward to explain its development and maintenance. In the same line of thinking, many tools have been used to empirically validate some of these theories. Despite our best efforts, some concepts, such as hyperarousal, consolidation of sleep, and sleep perception remain difficult to circumscribe. In addition, not much is known about the link between night-time and day-time cognitions and emotions.

This Special Issue, “New Research in Insomnia”, is timely, as it will feature articles that address how insomnia develops and is maintained through cognitions, emotions and sleep dysregulation. I invite you to submit your latest innovative research on insomnia for this Special Issue.

Dr. Célyne H. Bastien

*Guest Editor*



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# Special Issue



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## Message from the Editor-in-Chief

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