



Sleep, Circadian Rhythms and Cognitive Function

Guest Editor:

Dr. Maria Comas Soberats

1. Sleep Unit, Araba University Hospital (Santiago), Olagibel Kalea 29, 01004 Vitoria-Gasteiz, Spain
2. Centre for Integrated Research and Understanding of Sleep (CIRUS), Woolcock Institute of Medical Research, 2 Innovation Rd, Macquarie Park, NSW 2113, Australia

Deadline for manuscript submissions:
closed (10 June 2024)

Message from the Guest Editor

Dear Colleagues,

Sleep is crucial for cognition. Lack of sleep has detrimental effects on different aspects of cognitive function. In addition, a decrease in the amplitude and robustness of the circadian clock may contribute to disorganized sleep–wake patterns and thus promote impaired cognition. Target populations include adolescents, shift workers, patients with dementia, patients suffering from a range of mental disorders and the elderly. Therefore, the identification of weak circadian rhythms and poor sleep as contributing factors for cognitive impairment is crucial to improve the quality of life and overall well-being of these populations. Equally important is the development of interventions and therapies, such as physical activity, diet or light therapy, which promote sleep quality and thereby improve cognitive function.

In this special issue, we invite original research articles, reviews and commentaries on all aspects related to sleep or circadian disturbances and cognition. Expert articles describing the potential of interventions or therapies to improve sleep or circadian rhythms with a focus on cognition are most welcome.





an Open Access Journal by MDPI

Editor-in-Chief

Prof. Dr. Stephen D. Meriney

Department of Neuroscience,
University of Pittsburgh,
Pittsburgh, PA 15260, USA

Message from the Editor-in-Chief

You are invited to contribute a research article or a comprehensive review for consideration and publication in *Brain Sciences* (ISSN 2076-3425). *Brain Sciences* is an open access, peer-reviewed scientific journal that publishes original articles, critical reviews, research notes, and short communications on neuroscience. The scientific community and the general public can access the content free of charge as soon as it is published.

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), PubMed, PMC, Embase, PSYINDEX, PsycInfo, CAPlus / SciFinder, and other databases.

Rapid Publication: manuscripts are peer-reviewed and a first decision is provided to authors approximately 17.6 days after submission; acceptance to publication is undertaken in 2.5 days (median values for papers published in this journal in the second half of 2025).

Contact Us

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

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

mdpi.com/journal/brainsci
brainsci@mdpi.com
[X@BrainSci_MDPI](https://twitter.com/BrainSci_MDPI)