

Special Issue

Sleep Health in Infants, Children and Adolescents

Message from the Guest Editors

Sleep is important to all of us. Without proper sleep, we quickly become grumpy, have trouble concentrating, and have increased reaction times. If sleep problems worsen, so do the symptoms of sleep deprivation: impulsive behavior, impaired judgement, or even hallucinations, to name just a few. What is *healthy* sleep, though? How does it develop over the course of our lives? The focus of this Special Issue is on healthy sleep and its prerequisites in infants, children, and adolescents. It will provide not only the latest insights into the physiology of sleep at different ages, but also into relevant psychological and sociocultural concepts, such as temperament, attachment, parenting style, and individualistic versus collectivistic society. A link will be made between sleep practices in our early lives, and the development of sleep as we go into adolescence. The knowledge gathered here can support healthy sleep development in children of all ages, improving both short- and long-term outcomes for both them and their families.

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About the Journal

Message from the Editor-in-Chief

You are invited to contribute a research article or comprehensive review for consideration and publication in *Children* (ISSN 2227-9067). *Children* is an open access journal—research articles, reviews, and other content are published online immediately after acceptance. The scientific community and the general public have unlimited free access to the content as soon as it is published. The journal focuses on sharing clinical, epidemiological, and translational science relevant to children's health. We would be pleased to welcome you as one of our authors.

Editor-in-Chief

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