



## Sleep and Circadian Factors Involved in Perinatal Depression

Guest Editor:

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### Message from the Guest Editor

Dear Colleagues,

Sleep and circadian rhythm disruption are commonly experienced by women during the perinatal period and there is growing evidence that these factors are involved in the pathogenesis of Perinatal depression (PND). In particular, it has been shown that different trajectories in subjective sleep quality across the perinatal period exist and that women with poor sleep quality during pregnancy are more likely to experience severe depressive symptoms after delivery. Similarly, worse sleep quality in the early postpartum period has been suggested to be an independent predictor of later postpartum depression.

Topics of this issue include, but are not limited to the following:

- Sleep-related and circadian mechanisms involved in the pathophysiology of perinatal depression;

- Screening instruments and diagnostic tools to assess sleep and circadian disruption in the perinatal period;

- Preventive and therapeutic strategies targeting sleep and circadian disorders in perinatal women;

- Impact of disrupted sleep and circadian rhythms during the perinatal period on public health and society.

