clocks & sleep

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Effects of Pre-Sleep Artificial Light on Cognition and Sleep

Guest Editor:

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Message from the Guest Editor

Artificial light is a phylogenetically new development in the human history. Allowing us to see and be productive during the night hours, it has caused the boundaries between day and night to blur. Not very surprisingly, it thereby also affects sleep and is likely to also alter sleep-associated processes such as memory consolidation. The aim of this Special Issue is to cover the effects of pre-sleep artificial light exposure on sleep, circadian rhythms, cognitive performance, and sleep-associated processes in humans and animals—and how light exposure may be modulated to benefit sleep, for example, in shift workers.

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Special Issue