



## Determinants and Health Outcomes Associated with Sleep Disorders

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### Message from the Guest Editors

Sleep disorders are highly prevalent yet often overlooked and neglected. Common sleep problems include sleep deprivation, insomnia, obstructive sleep apnea, and circadian disruption, which can occur in any age group. The development of sleep problems could be attributed to multiple factors such as biological, psychosocial, and environmental determinants, with some being highly modifiable. The cumulative effects of sleep disruption have been linked to a wide range of medical and psychiatric illnesses such as hypertension, cardiovascular disease, metabolic syndrome, depression, and anxiety. It has been increasingly recognized as a serious public health problem, leading to significantly higher rates of healthcare utilization and expenditures.

Failure to recognize sleep problems not only precludes diagnosis, but might also increase the risk of the subsequent development of mental and physical problems. It is essential to understand the determinants and consequences associated with sleep problems, so as to inform and develop effective prevention and early intervention to reduce the future health risk.





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## Message from the Editor-in-Chief

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