



Behavioral Sleep Medicine: Current Research Developments

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Message from the Guest Editors

Dear Colleagues,

Behavioral sleep medicine is a multidisciplinary area of basic and clinical research focused on the study of the psychological (cognitive, emotional, and behavioral) mechanisms related to normal and pathological sleep, as well as with the development and application of empirically validated cognitive-behavioral procedures for the assessment and treatment of sleep disorders and associated problems. In this Special Issue, original articles on this healthcare research area will be considered. Main topics of interest include, but are not limited to, the following:

- Normal human sleep
- Sleep and human development
- Sleep, neurocognitive function, and performance
- Insomnia
- Sleep related breathing disorders
- Central disorders of hypersomnolence: narcolepsy and idiopathic hypersomnia
- Circadian rhythm sleep-wake disorders
- Sleep related movement disorders
- Parasomnias
- Epidemiology of sleep disorders
- Sleep and sleep disorders in special populations
- Neurological disorders and sleep
- Sleep and psychopathology
- Behavioral assessment procedures and techniques
- Cognitive-behavioral therapies





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Message from the Editor-in-Chief

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