



Sleep Disorders: Chronic Medical Burden

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Message from the Guest Editors

Dear Colleagues,

It is estimated that 50 to 70 million Americans chronically suffer from a disorder of sleep and wakefulness, reporting symptoms of daytime sleepiness, insomnia, abnormal events during sleep, or irregular sleep schedules. There are at least 90 distinct sleep disorders. Moreover, lifestyle factors such as unbalanced diet, decreased physical activity, and excessive electronic media use further affect the quantity and quality of sleep. Unfortunately, sleep problems are still underdiagnosed and underreported.

In adults, the long-term effects of sleep loss and disorders have been associated with increased morbidity, including cardiometabolic disease and obesity, as well as all-cause mortality. In school-aged children and adolescents, sleep deprivation has been associated with poor performance, obesity, depressive symptoms, and increased substance use. Besides, as sleep plays an important role in determining cognitive performance and vigilance, lack of sleep has been associated with traffic and industrial accidents, medical errors and decreased work productivity, with severe economic consequences.





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Editor-in-Chief

Message from the Editor-in-Chief

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