



Current Research on Sleep and Public Health

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Message from the Guest Editors

A “healthy” sleep is a key element for a healthy life. However, in recent decades, it has been observed that an important impairment of sleep, due to sleep disorders, such as insomnia and obstructive sleep apnea, and to the burden of sleep deprivation. Sleep-related problems can affect people of all ages and socioeconomic levels with relevant direct and indirect costs for healthcare systems.

This Special Issue aims to investigate different elements of sleep with respect to public health, with a specific focus on the following aspects: (1) to investigate the molecular and biological pathways involved in different conditions characterized by a pathological sleep; (2) to unveil the impact of sleep and sleep disorders on public health, in order to improve the health of people and their communities; (3) to assess the bidirectional link between physiological and pathological sleep and the environment.





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Message from the Editor-in-Chief

Addressing the environmental and public health challenges requires engagement and collaboration among clinicians and public health researchers. Discovery and advances in this research field play a critical role in providing a scientific basis for decision-making toward control and prevention of human diseases, especially the illnesses that are induced from environmental exposure to health hazards. *IJERPH* provides a forum for discussion of discoveries and knowledge in these multidisciplinary fields. Please consider publishing your research in this high quality, peer-reviewed, open access journal.

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