



Current Research on Sleep and Public Health

Guest Editors:

Dr. Eleonora Tobaldini

Dr. Alessandro Silvani

Dr. Paola Proserpio

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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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Editor-in-Chief

Prof. Dr. Paul R. Ward

School of Society and Culture,
Adelaide University, Adelaide
5001, Australia

Message from the Editor-in-Chief

Addressing the environmental and public health challenges requires engagement and collaboration among clinicians and public health researchers. Scientific discoveries and advances in this research field play a critical role in providing a rational basis for informed decision-making toward control and prevention of human diseases, especially the illnesses that are induced from environmental exposure to health hazards.

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*International Journal of
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Health* Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland

Tel: +41 61 683 77 34
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