



Sleep Deprivation and Related Health Issues

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Deadline for manuscript
submissions:

closed (30 April 2023)

Message from the Guest Editors

The consequences of nonoptimal sleep duration can reverberate throughout multiple temporal scales. On the short time scale of a few days, the immediate consequences include a decrease in several aspects of cognition and behavior (reducing attention and performance, memory formation, sleepiness-related accidents, etc.). If total sleep time remains curtailed for an extended period, the consequences spread beyond cognitive functions into the realm of physiology. Our brain and body regularly send us signals when we are sleep deprived, but we too often ignore them and attempt to cope with our sleep debt. The evidence suggesting that shorter sleep is associated with negative health outcomes is now well-described, based on both well-controlled sleep-deprivation studies and epidemiological data.





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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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