



## Sleep Monitoring and Mental Health

Guest Editor:

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Deadline for manuscript  
submissions:

**closed (31 October 2023)**

### Message from the Guest Editor

Sleep and mental health are closely related. Sleep problems can have a negative impact on mental health, and those with mental health issues are more likely to experience insomnia and other sleep problems. The use of wearable devices (such as smartwatches or fitness trackers) for tracking sleep in free-living conditions has become very popular in recent years and can potentially be useful in terms of improving sleep and mental health.

In this Special Issue on “Sleep Monitoring and Mental Health” of the “International Journal of Environmental Research and Public Health”, we invite submissions focusing on, but not limited to, sleep monitoring technologies and their applications in psychological studies. Topics that could be addressed in this Special Issue include:

- Applications of wearable devices in sleep monitoring for psychological studies;
- Impact of sleep monitoring in free-living conditions on mental health;
- Application of machine learning in sleep monitoring;
- Validation of the use of wearable technologies for sleep monitoring;
- Sleep monitoring methods in free-living conditions.





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## Editor-in-Chief

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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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