



2nd Edition: Sleep and Wellbeing

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Deadline for manuscript
submissions:

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Message from the Guest Editors

Dear Colleagues,

Although research has established that sleep deficiencies (insufficient or long sleep duration, poor sleep quality, or irregular timing of sleep) are a barrier to positive well-being, less is known about how sleep health promotes positive well-being and mental health. Furthermore, sleep health exists along a continuum, which extends our study of sleep beyond poor sleep, to include good sleep. Through accounting for a health-oriented perspective—as opposed to centering a disease-oriented perspective—we can better characterize all individuals in the population, and more deeply understand the benefits associated with healthy sleep.

Given the potential for research on sleep health to encompass multiple facets of sleep, both healthy and unhealthy, this Special Issue focuses on the role of sleep health for well-being and mental health specifically. We invite submissions of manuscripts focused on aspects—or multidimensional assessments—of sleep health, including both good and/or poor sleepers, considering disparities in sleep health, or accounting for the psychological, social, or behavioral promoters of sleep health.





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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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