



Sleep Quality: A Focus on Sleep Structure

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Message from the Guest Editors

A “good night’s sleep” is traditionally associated with a prolonged sleep duration and stability of the sleep phase. Today’s sleep patterns are, however, characterized by a consistent reduction in sleep time, with the habitual sleep period that has to fit within a limited nighttime window, not sufficient to satisfy the whole sleep processes. Furthermore, the extensive use of artificial light at night (LAN) and the widespread use of portable light-emitting devices during late evening hours have extended the average length of the daily photoperiod, with a consequent delay in the melatonin secretion resulting in a significant impact on circadian phase relationship. All these factors contribute to a decreased sleep quality.

This Special Issue will focus on understanding sleep structure either at macro and micro level, that can result in poor sleep quality, and also will look at cognitive task or psychotherapeutic techniques that throughout modifying sleep architecture can improve sleep quality. Papers addressing these topics are invited.





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Message from the Editor-in-Chief

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