



Insomnia, Sleep Disorders and Mental Health

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Message from the Guest Editors

Dear Colleagues,

As is well known, sleep problems have a huge impact on human health. In particular, insomnia, sleep–wake rhythm, and sleep debt have been shown to negatively associated with physical and mental health such as pain, diabetes, high blood pressure, fatigue, depression, anxiety, addiction, QoL

Interestingly, it has also been reported in recent years that improvement in sleep problems can directly promote physical and mental health. In addition, it has been shown that psychological intervention, such as cognitive behavioral therapy, and a new generation of hypnotics, such as orexin receptor antagonists, are more effective treatments of insomnia. However, there is still much that is not known.

In this Special Issue, we invite cross-sectional and cohort studies, experimental studies, clinical trials, meta-analysis and systematic reviews that investigate the effects of sleep problems on physical and mental health. Studies that contribute to the development of psychological and pharmacological interventions are especially welcome.





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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. 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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