



## Impact of Sleep on Physical and Mental Health Following over 2 Years of the COVID-19 Pandemic

Guest Editor:

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Deadline for manuscript  
submissions:

**closed (30 April 2023)**

### Message from the Guest Editor

As the pandemic continued, sleep disturbances increased in magnitude, suggesting people were not “getting used to” their new reality of life in the COVID-19 era. These prevalence rates are alarming as we now have evidence that disturbed sleep is causally related to mental health, and is a risk factor for a range of diseases including cardiovascular disease, type-2 diabetes, hypertension, obesity as well as cognitive decline. On the other hand, digital CBT for insomnia has been shown to have a long-lasting protective effects against sleep and depression symptoms, stress and worsening of general health during the COVID-19 pandemic (Cheng et al. 2021, Sleep). For this Special Issue, we are also inviting papers based on understudied populations, for example, homeless people or those living in a conflict or war-torn areas who might be particularly vulnerable to poor sleep and its deleterious impact on mental and physical 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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