



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

Guest Editor:

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submissions:
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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

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