

Special Issue

New Insights into Sleep Medicine

Message from the Guest Editor

Sleep is essential for life, and poor sleep is associated with worse health outcomes. Over the last few years, knowledge on sleep medicine and its influence on the human body has improved. For example, the American Heart Association has recently included healthy sleep as a critical component of a healthy heart life. This Special Issue aims to update the current perspectives in sleep medicine, including sleep and circadian disorders, as well as their impact on health outcomes, to highlight the influence of sleep as a critical factor in wellness. This Special Issue is open to multidisciplinary approaches, including novel data. We particularly encourage the submission of papers that focus on sleep apnea and its impact on health outcomes (cardiovascular, metabolic, neurological, and cancer) and their treatment.

Guest Editor

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There has been an explosion of gene and target based research and therapeutics in the multitude of fields that compose clinical medicine. The *Journal of Clinical Medicine's* (JCM) staff and editorial board are dedicated to providing cutting edge, timely, and peer-reviewed articles covering the diverse subspecialties of clinical medicine. The journal publishes concise, innovative, and exciting research articles as well as clinically significant articles and reviews that are pertinent to the myriad of disciplines within medicine. The articles published are relevant to both primary care physicians and specialists. The journal's full-texts are archived in PubMed Central and indexed in PubMed. Please consider submitting your manuscripts for publication to our journal and check us out on-line!

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