Special Issue on Sleep Health and Disorders

Call for Papers

Sleep is a naturally recurring state of mind and body, characterized by altered consciousness, relatively inhibited sensory activity, inhibition of nearly all voluntary muscles, and reduced interactions with surroundings. During sleep, most of the body's systems are in an anabolic state, helping to restore the immune, nervous, skeletal, and muscular systems; these are vital processes that maintain mood, memory, and cognitive function, and play a large role in the function of the endocrine and immune systems. Humans may suffer from various sleep disorders. Some sleep disorders are serious enough to interfere with normal physical, mental, social and emotional functioning. People’s physical and mental health is impacted by sleep both positively and negatively.

In this special issue, we intend to invite front-line researchers and authors to submit original research and review articles on Sleep Health and Disorders. Potential topics include, but are not limited to:

- Physiology and patterns of sleep
- Insomnia, sleepiness and sleep disturbance
- Obstructive sleep apnoea
- REM sleep
- Physical activity and sleep
- Impacts on mental health and memory
- Sleep and cognition
- Sleep and diseases
- Drugs and diet
- Sleep in people with cancer
- Research on circadian clock
- Sleep and children’s health
- Sleep quality
- Treatment and therapy

Authors should read over the journal’s For Authors carefully before submission. Prospective authors should submit an electronic copy of their complete manuscript through the journal’s Paper Submission System.

Please kindly notice that the “Special Issue” under your manuscript title is supposed to be specified and the research field “Special Issue – Sleep Health and Disorders” should be chosen during your submission.
According to the following timetable:

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<th>April 29th, 2019</th>
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For publishing inquiries, please feel free to contact the Editorial Assistant at submission.entrance1@scirp.org

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health@scirp.org