

## Special Issue

# The Relationship Between Sleep and the Brain: New Insights into Sleep Disorders and Their Effects on Mental Health, Cognition, and Quality of Life

### Message from the Guest Editor

The significant role of sleep is now considered not only in clinical settings, with sleep disorders being definite symptoms in mood disorders, anxiety, Alzheimer's, and autism spectrum disorder, but also in daily life, with sleep duration and quality impacting school and work performances, having important implications for safety and economy as well. This Special Issue will focus on new insights into sleep regulation and function, looking at the assessment of physiological and cognitive variables in normal subjects who experience conditions that can alter sleep duration and rhythmicity (i.e., ability to sustain attention, vigilance in shift workers and air traffic controllers), and in clinical conditions, such as mood disorders and autism spectrum disorder, where sleep disturbance is considered either a biological marker and/or a core pathophysiological component. The role of biological rhythms in time perception and memory processing will also be addressed.

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### Guest Editor

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### Deadline for manuscript submissions

30 June 2025



## Brain Sciences

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### Message from the Editor-in-Chief

You are invited to contribute a research article or a comprehensive review for consideration and publication in *Brain Sciences* (ISSN 2076-3425). *Brain Sciences* is an open access, peer-reviewed scientific journal that publishes original articles, critical reviews, research notes, and short communications on neuroscience. The scientific community and the general public can access the content free of charge as soon as it is published.

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