

Special Issue

Sleep, Rhythms, and Mental Health

Message from the Guest Editors

Sleep and the circadian clock are increasingly being recognised as critical in the development of psychiatric conditions and mood problems in the general population. Sleep problems are commonly one of the main diagnostic criteria in mental health, and frequently, treating underlying problems with sleep or the circadian clock can be an efficacious treatment for psychiatric symptoms. Although much work has been done to elucidate the role of sleep and rhythms in mental health problems, these conditions are often highly heterogeneous, and with great advances in the knowledge and technology available to us, there is still more to uncover. With this Special Issue, we invite submissions from all fields within Sleep, Circadian Rhythms, and Mental Health, including clinical and preclinical human work, and insights from animal models. In particular, we encourage submissions which have a focus on clinical translation, which may contribute to the growing field of applied circadian medicine.

Guest Editors

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