



Sleep Disorders: An Interdisciplinary Approach

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Deadline for manuscript
submissions:

closed (31 December 2022)

Message from the Guest Editors

Sleep medicine is a rapidly growing branch of medicine, involving multi- and interdisciplinary research. Common sleep disorders, such as sleep apnea, insomnia, restless leg syndrome, sleep bruxism or narcolepsy, may affect various aspects of human life, including quality of life, safety, work performance and mental health. Sleep disturbances can also lead to cardiovascular consequences, such as ischemic heart disease, arrhythmia or arterial hypertension, as well as somnolence, headache, orofacial pain and damage of oral structures. We strongly believe in interdisciplinary research, which often results in the most creative ideas, comprehensive approaches to scientific issues, and unexpected solutions. Due to the coexistence of sleep disorders, their association with mental and cardiovascular diseases, their complex pathomechanisms in addition to varied methods of treatment, we especially invite interdisciplinary teams consisting of representatives of various disciplines as well as all specialists and researchers in sleep medicine.





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Message from the Editor-in-Chief

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