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Factors Affecting the Quality of Sleep in Children

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Message from the Guest Editor

Sleep quality is difficult to define objectively. We have had to define the quality of sleep subjectively. On the other hand, the need for sleep quantity has individual variabilities, which are influenced by genetic, behavioural, medical, and environmental factors. Moreover, sleepiness was recently reported to be a stronger predictor of academic performance (one of the important aspects of daytime brain functioning) than quantity of sleep. In addition, many researchers have searched for ways to assess quality of sleep. From a similar point of view, restlessness and/or restfulness could also be potential candidates to reflect sleep quality.

The goal of this Special Issue in *Children* is to highlight recent data in the context of children's sleep quality across a wide range of ages (from premature babies to adolescents), and also various backgrounds (from paediatricians to social researchers, including school teachers). We welcome reviews and original research considering novel approaches, as well as identifying gaps in the knowledge to identify or objectively assess sleep quality.



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