



Sleep Disorders, Medicine and Mental Health

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Message from the Guest Editors

Dear Colleagues,

As is well known, sleep problems have a huge impact on human health in children, adolescents, adults, including workers, and the perinatal and elderly. In particular, insomnia, sleep–wake rhythm, and sleep debt are shown to negatively associated with physical/mental health and work performance such as pain, diabetes, fatigue, depression, anxiety, addiction, loneliness, presenteeism

Interestingly, it has also been reported in recent years that relieving sleep problems can directly promote physical/mental health and work performance. In addition, it has been shown that psychological intervention, such as cognitive behavioral therapy, and a new generation of hypnotics, such as orexin receptor antagonists, are more effective in treating depression and act via improvement of insomnia. However, there is still much that remains unknown.





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Message from the Editor-in-Chief

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