



Recent Scientific Developments in Sleep Disorders

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Message from the Guest Editor

Dear Colleagues,

Within the last 40 years, sleep has become a major factor for public health. The technological advances achieved in modern society have caused individuals to neglect sleep hygiene and stay awake for longer, with less hours spent in bed during weekdays. The consequences of this sleep deprivation, or circadian misalignment, and of many sleep disorders lead to a high risk of metabolic, cardiovascular and endocrine disorders, as well as mortality. The results of animal, immunogenetic, neuropsychological and human studies have contributed to a better understanding of these consequences, and have opened a spectrum of diagnostic and therapeutic pathways.

This issue will provide insights into “Recent Scientific Developments in Sleep Disorders”.

Prof. Dr. Geert Mayer
Guest Editor





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Message from the Editor-in-Chief

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