



Insomnia, Sleep Disorders and Mental Health

Guest Editors:

Dr. Isa Okajima

Department of Psychological
Counseling, Faculty of
Humanities, Tokyo Kasei
University, Itabashi-ku 173-8602,
Japan

Dr. Yoshikazu Takaesu

Department of Neuropsychiatry,
Graduate School of Medicine,
University of the Ryukyus,
Okinawa 903-0215, Japan

Deadline for manuscript
submissions:

closed (30 September 2022)

Message from the Guest Editors

Dear Colleagues,

As is well known, sleep problems have a huge impact on human health. In particular, insomnia, sleep–wake rhythm, and sleep debt have been shown to negatively associated with physical and mental health such as pain, diabetes, high blood pressure, fatigue, depression, anxiety, addiction, QoL

Interestingly, it has also been reported in recent years that improvement in sleep problems can directly promote physical and mental health. 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 treatments of insomnia. However, there is still much that is not known.

In this Special Issue, we invite cross-sectional and cohort studies, experimental studies, clinical trials, meta-analysis and systematic reviews that investigate the effects of sleep problems on physical and mental health. Studies that contribute to the development of psychological and pharmacological interventions are especially welcome.





an Open Access Journal by MDPI

Editor-in-Chief

Prof. Dr. Paul B. Tchounwou

RCMI Center for Urban Health
Disparities Research and
Innovation, Richard Dixon
Research Center, Morgan State
University, 1700 E. Cold Spring
Lane, Baltimore, MD 21251, USA

Message from the Editor-in-Chief

Addressing the environmental and public health challenges requires engagement and collaboration among clinicians and public health researchers. Discovery and advances in this research field play a critical role in providing a scientific basis for decision-making toward control and prevention of human diseases, especially the illnesses that are induced from environmental exposure to health hazards. *IJERPH* provides a forum for discussion of discoveries and knowledge in these multidisciplinary fields. Please consider publishing your research in this high quality, peer-reviewed, open access journal.

Author Benefits

Open Access: free for readers, with article processing charges (APC) paid by authors or their institutions.

High Visibility: indexed within Scopus, PubMed, MEDLINE, PMC, Embase, GEOBASE, CAPus / SciFinder, and other databases.

Journal Rank: CiteScore - Q1 (*Public Health, Environmental and Occupational Health*)

Contact Us

*International Journal of
Environmental Research and Public
Health* Editorial Office
MDPI, St. Alban-Anlage 66
4052 Basel, Switzerland

Tel: +41 61 683 77 34
www.mdpi.com

mdpi.com/journal/ijerph
ijerph@mdpi.com
[X@IJERPH_MDPI](https://twitter.com/IJERPH_MDPI)