



healthcare



an Open Access Journal by MDPI

Determinants and Health Outcomes Associated with Sleep Disorders

Guest Editors:

Dr. Ngan Yin Chan

Department of Psychiatry,
Faculty of Medicine, Chinese
University of Hong Kong, Hong
Kong

Dr. Joey Wing Yan Chan

Department of Psychiatry,
Faculty of Medicine, Chinese
University of Hong Kong, Hong
Kong

Dr. Sijing Chen

Faculty of Medicine, Chinese
University of Hong Kong, Hong
Kong

Deadline for manuscript
submissions:

31 August 2024

Message from the Guest Editors

Sleep disorders are highly prevalent yet often overlooked and neglected. Common sleep problems include sleep deprivation, insomnia, obstructive sleep apnea, and circadian disruption, which can occur in any age group. The development of sleep problems could be attributed to multiple factors such as biological, psychosocial, and environmental determinants, with some being highly modifiable. The cumulative effects of sleep disruption have been linked to a wide range of medical and psychiatric illnesses such as hypertension, cardiovascular disease, metabolic syndrome, depression, and anxiety. It has been increasingly recognized as a serious public health problem, leading to significantly higher rates of healthcare utilization and expenditures.

Failure to recognize sleep problems not only precludes diagnosis, but might also increase the risk of the subsequent development of mental and physical problems. It is essential to understand the determinants and consequences associated with sleep problems, so as to inform and develop effective prevention and early intervention to reduce the future health risk.



mdpi.com/si/168202

Special Issue



healthcare



an Open Access Journal by MDPI

Editor-in-Chief

Dr. Rahman Shiri

Finnish Institute of Occupational
Health, FI-00032 Työterveyslaitos,
Finland

Message from the Editor-in-Chief

Healthcare is an international, scientific, peer-reviewed, open access journal on health care systems, industry, technology, policy, and regulation, and is published semimonthly online by MDPI. Ocular Wellness & Nutrition Society (OWNS) is affiliated with Healthcare and its members receive discounts on article processing charges.

Author Benefits

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

High Visibility: indexed within [Scopus](#), [SCIE](#) and [SSCI \(Web of Science\)](#), [PubMed](#), [PMC](#), and [other databases](#).

Journal Rank: JCR - Q2 (*Health Policy & Services*) / CiteScore - Q2 (*Leadership and Management*)

Contact Us

Healthcare Editorial Office
MDPI, St. Alban-Anlage 66
4052 Basel, Switzerland

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

mdpi.com/journal/healthcare
healthcare@mdpi.com
[X@HealthcareMDPI_](#)