

Guest Editors



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Sleep Disorders and Health Promotion in Men

🕒 **Deadline: 31 March 2023**

Dear Colleagues,

Poor sleep and sleep disorders such as insomnia and obstructive sleep apnoea have been linked to a variety of health issues including depression, obesity, diabetes, and cardiovascular disease. Sleep-related issues have also been linked to increased rates of transport- and work-related accidents. There are significant differences between men and women in terms of their risk factors for sleep disorders, obesity, diabetes and cardiovascular disease. These gender differences may be due to biological-, lifestyle- and work-related factors. For example, more men than women have traditionally been employed in shift work. Shift work has been associated with higher risks of sleep and mood disorders such as depression, as well as higher risks of obesity, diabetes and cardiovascular disease. Sleep disorders also appear to play a central role in the development of mood disorders, metabolic disorders and cardiovascular diseases.

Thus, more research is urgently needed to examine the relationships between poor sleep/sleep disorders and mood disorders, obesity, diabetes and cardiovascular disease, particularly in men. Furthermore, it is important that health promotion initiatives for men focus on the importance of good sleep for good health.

Gerard A Kennedy and Russell Conduit

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