Preface: Turning point

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Fourteen years have passed, since *Sleep and Biological Rhythms* (SBR) was launched in 2003. At that time, the journal was published by Blackwell Publishing Asia Pty Ltd which was replaced by Wiley-Blackwell Asia Pty Ltd in 2007, and further by Wiley Publishing Asia Pty Ltd in 2014. From this year, SBR is published by Springer Japan Ltd. Meanwhile, the number of submission increased and ca. 130 per year in 2015. The increase of submission is welcome, but at the same time the number of rejected manuscript increased. This time we increase the total number of pages from 320 to 400, which enables us to publish more than 40 papers each year. Yet, only 30 % of submitted papers will be accepted for publication. Reviewing job becomes harder and harder.

SBR is an official journal of the Japanese Society of Sleep Research and of the Asian Sleep Research Society. Therefore, more than half of submission to SBR comes from Asian countries. Sleep and biological rhythm researches are strongly associated to each other. For instance, timing of sleep is essentially regulated by the circadian pacemaker located in the brain, and the circadian pacemaker is indirectly regulated by sleep through gating of exposure to light which entrains the circadian pacemaker. Despite that, scientists in these fields have not been so active in collaboration. The researches in biological rhythm or clock are growing rapidly in Asia and not only the quantity, but also the quality of sciences has substantially elevated. Last summer, sleep researchers and chronobiologists in Asia got together in Sapporo Japan for the first time to exchange information and ideas for future collaborations. The meeting was called Asian Forum on Chronobiology which will be held once a year in Asia and synchronize with ASRS meeting every second year. So in this year we expect two meetings held together at the beginning of October in Turkey. At this turning point, the roles of SBR become more important. I hope a fruitful integration of sleep and biological rhythm researches through SBR.

Finally, I should introduce our new associate-editors from Japan and China: Kazuhiko Fukuda, Yuriko Doi, Hiroshi Kadotani, Hirokuni Tagaya and Zhi-Li Huang. They will continuously help us in editing SBR.

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