PREFACE

Preface

Makoto Uchiyama¹

Published online: 23 December 2016
© Japanese Society of Sleep Research 2016

It is my great honor and pleasure to be appointed to the editor-in-chief of *Sleep and Biological Rhythms*, the official journal of the Japanese Society of Sleep Research (JSSR) and Asian Sleep Research Society (ASRS), after Dr. Kenichi Honma, the former editor-in-chief. Here I would like to say several words on the past, present and future of *Sleep and Biological Rhythms*.

The journal was founded as the official English journal of the JSSR in 2003 by Dr. Masako Okawa, the first editor-in-chief. The title of the journal “*Sleep and Biological Rhythms*” of course comes from the idea that the cyclic occurrence of sleep and wakefulness, driven by the circadian pacemaker, is one of the most remarkable manifestations of biological rhythms in animals and humans. The founding members of the journal fervently

desired that both sleep research and biological rhythm research should collaborate hand in hand, accelerating more successful scientific achievements. The journal has successfully been publishing quarterly since 2006 and has provided more and more articles of excellent quality from all over the world. In 2009, the journal obtained the impact factor thanks to the enormous effort and enthusiasm of Dr. Okawa and Dr. Honma. I hope that I can follow the footsteps of the esteemed founders of *Sleep and Biological Rhythms*.

The whole field of sleep research has been and continues to be expanding exponentially by merging with other various scientific disciplines both old and new, from sociology to molecular biology. Therefore, the scope of the journal encompasses not only such conventional sleep research based on classic discipline as basic, medical and social sciences; however, also involves innovative research in interdisciplinary or multidisciplinary fields. We welcome your submission of challenging studies to be considered for future publication and would like to provide a forum where communication fosters further scientific advances in sleep science, sleep sociology and sleep medicine.

The next objective for us to achieve is making the journal indexed with PubMed, which gives a more comprehensive platform for the contributors and is sure to increase the number of citations, leading to significant increase in the impact factor. This year, we have invited the new editorial board members as you can see on the inside cover page. Dr. Hiroshi Kadotani (Shiga), the new Deputy Editor-in-Chief helps Editor-in-Chief in administrative matters. Dr. Makoto Honda (Tokyo), Dr. Takatoshi Kasai (Tokyo), and Dr. Kazuhiro Yagita (Kyoto) joined the board of *Sleep and Biological Rhythms* as Associate Editor. Dr. Sayaka Aritake-Okawa

✉ Makoto Uchiyama
uchiyama.makoto@nihon-u.ac.jp

¹ Department of Psychiatry, Nihon University School of Medicine, Itabashi, Tokyo 173-8610, Japan

(Tokyo), the new Scientific Managing Secretary helps the board members in editorial matters.

We welcome your submissions and look forward to meeting you on the pages of Sleep and Biological

Rhythms, which will help to pave the way for future achievements in our field.