



Aims of *Sleep and Biological Rhythms*

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I am honored to have succeeded to the position of Editor of *Sleep and Biological Rhythms* beginning in January 2018. *Sleep and Biological Rhythms* (SBR) is the official journal of the Japanese Society of Sleep Research and the Asian Sleep Research Society. Since the previous editors, Profs. Okawa, Honma, and Uchiyama [1], all greatly contributed to the development of the Journal over 15 years, *Sleep and Biological Rhythms* has become one of the typical journals in the academic area of sleep. Sleep is increasingly becoming an interdisciplinary area of study and treatment. My specialty is pulmonology, and there are more than 15 types of sleep disordered breathing (SDB) that threaten a healthy life. SDB usually induces hypoxemia and hypercapnia, which would have significant effects on cells, organs, and the whole body. It is said that in combination with systemic diseases, SDB increases the risk for mortality. One of the most prevalent manifestations of SDB is sleep apnea, which is said to induce not only several symptoms such as hypersomnolence and/or cardiovascular or metabolic diseases but cognitive dysfunction or probably cancer according to

recent data. Thus, sleep apnea may be considered a systemic disease. In addition to SDB, we should pay attention to the tendency of short sleep duration to have increased in recent years because short sleep duration has significant effects on general, cardiovascular, metabolic, and mental health, immune function, human performance, pain, and mortality [2]. Insomnia or short sleep duration is currently recognized as a disease worldwide. Recent data have shown that there is an interaction between sleep duration and SDB [3]. Thus, several sleep disturbances should be interpreted as requiring an interdisciplinary approach. In the International Classification of Sleep Disorders, third edition (ICSD 3), there are six main categories of sleep disturbances: insomnia, sleep-related breathing disorders, central disorders of hypersomnolence, circadian rhythm sleep–wake disorders, parasomnias, and sleep-related movement disorders. Since the title of *Sleep and Biological Rhythms* covers all the fields of sleep disturbances, I hope and am convinced that excellent and useful manuscripts will be submitted to *Sleep and Biological Rhythms* and that *the Journal* will promote achievement in scientific developments that bring about good sleep and promote a good and healthy life [3, 4].

This year, we have welcomed new Editorial Board members. Drs. Hiroyoshi Sei (Tokushima), Yoko Komada (Tokyo), and Osamu Itani (Tokyo) joined the board of *Sleep and Biological Rhythms* as Associate Editors. I am pleased to let you know that we have submitted the application of *Sleep and Biological Rhythms* to PubMed Central. All the editors and members of the Advisory Board, including the editorial office members, Drs. Hiroshi Kadotani as the Deputy Editor-in-Chief, Sayaka Aritake-Okada as the Scientific Managing Secretary and I, will make an effort to achieve the aims of *Sleep and Biological Rhythms*. Specifically, topics on basic and clinical science, medicine, and social science relating to sleep and/or biological rhythms will be published in *Sleep and Biological Rhythms*. By publishing such articles, the *Journal* aims to promote and extend a healthy and good life for both patients and the general public.

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