

## Inaugural Issue of Sleep and Vigilance: Prospects and Promises

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It is with immense pleasure that we are thrilled to write this lead-off editorial for the inaugural issue of Sleep and Vigilance. This is a new peer-reviewed biomedical publication which is sponsored by the Indian Society for Sleep Research (ISSR) and authored and supported by leading physicians and scientists worldwide. We believe that the introduction of this journal is, indeed, a timely event. Interest in the area of sleep and vigilance began as a research niche in the early 1960s but, since then, has been growing continuously in tandem with the appreciation that sleep processes have broad consequences for overall health. We would be remiss in our responsibility if we failed to acknowledge also the growing awareness of the public health implications of sleep and vigilance research. The causes of the space shuttle Challenger disaster, the Exxon Valdez oil spill, and countless other automobile and industrial accidents, have all been traced to operator fatigue and sleepiness. These incidents have intensified the interest in how sleep medicine scientists can contribute to insuring public health and safety. It has become increasingly apparent that the expansion of research in this field, which has been growing almost exponentially, demands a specialized journal for the publication of this research output. We, of the editorial board, believe that Sleep and Vigilance is an ideal response to that need.

This profoundly interdisciplinary, international, peer-reviewed journal focuses on biomedical research, which

has value for sleep medicine clinicians. Although the journal's interests are broadly based, the integrating theme will be research which explores the processes of sleep and, additionally, those factors which influence alertness during the waking hours. Articles related to assisting those involved in providing optimal health care to patients, developing disease prevention programs, or supporting public health efforts will also be included. This journal will include articles on basic and translational clinical research that moves discoveries from the bench to the bedside and from the bedside to the community. Conversely, the journal will also include submissions dealing with clinical observations or bedside experience that inspires and paves the way for basic research.

Sleep and Vigilance will be initially published as two issues per year with contributions from international physicians and scientists working in the fields of sleep-wakefulness chronobiology, sleep disorders and associated areas. This first issue illustrates the diversity of articles covering various domains of scientific research. With the launch of Sleep and Vigilance, we invite you to experience research expositions as a reader and eventually submit your work for publication and dissemination through this platform. It is our fervent hope that the opportunity provided by this journal will stimulate free and fruitful discussion and foster independent and critical evaluation of the process of sleep and its importance for human health and well-being.

Our editorial board includes many of the national and international leaders in the field of sleep medicine research. We are delighted to be working with so many talented and dedicated scholars and would like to take this opportunity to thank all the researchers who have kindly agreed to join the editorial board.

The editorial policy of Sleep and Vigilance will be to maintain the highest standards of scientific quality,

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integrity, professional responsibility and human compassion that apply to all efforts for preserving human health. Manuscripts submitted to this journal will undergo the same peer-review process and quality control as would occur with any other scholarly journal.

We would also like to thank all the authors who have accepted our invitation to publish their quality work for the inaugural issue. We sincerely hope that you will find our inaugural issue informative and inspiring.

On this auspicious occasion, we would like to thank many people who have worked diligently behind the scenes to bring this inaugural issue to fruition. We would like to express our gratitude to the leadership of Indian Society for Sleep Research (ISSR) and to their board members for their advice, reviews, and acceptance of our proposal. We are especially inspired by and appreciative to Professors Velayuthan Mohan Kumar and Hrudananda Mallick for providing valuable guidance and support throughout the preparation and presentation process for the publication of the first issue. We would also like to thank Dr. Deepak Shrivastava, the managing editor, the advisory board member and the membership in-charge—International, for his encouragement and support since the inception of this project.

We would like to thank the associate editors—Dr. Manvir Bhatia, Dr. Kamlesh Gulia, Dr. Sunao Uchida and Dr. Joshi John, who will be the backbone of this journal and for taking up this challenging role.

This launch of *Sleep and Vigilance* would not have been possible without the experienced and devoted editorial board members who willingly signed up for time-consuming workloads and enthusiastically agreed to provide their critical input to the review process. We thank them all.

Finally, a special appreciation goes to the entire Springer team for their tireless and devoted work. While working for this journal, we had challenges and critical questions, but as a teammate, they helped us to modify the

proposal drafts to deal with tedious editing challenges. Their inputs helped us to sail smoothly through Springer's Journal Committee and resulted in the successful launch of this journal. In this regard, we would like to thank Suvira Srivastav (Springer India); Rekha Rajkumar (Springer Nature, India), Miyuki Akioka (Springer Nature, Japan), Tanja Koppejan (Springer Life Sciences, The Netherlands), and, last but not the least, Paul Roos (Springer, The Netherlands). We cannot thank them enough for their unwavering support and dedication.

Thank you all for your trust and support. Indeed, it is a real honor to serve as the founding editors-in-chief.

It gives us enormous pleasure to officially launch the first volume of *Sleep and Vigilance*. On behalf of the entire editorial board; we particularly welcome you to submit your research work to our journal as an exclusive platform to stimulate cross-disciplinary dialogue. In doing so, the journal attempts to facilitate knowledge sharing and exchange of ideas among sleep researchers, policy-makers and planners, and industry sectors.

Last, but not the least, contributions may be submitted in the form of broad range of high-quality original works, review papers, short communications, rapid communications, case reports, book reviews, perspectives, trends, and opinion pieces, point/counterpoint discussions as well as the letters to the editor from the entire spectrum of sleep and vigilance research. Last, but not the least, we welcome manuscripts from academicians, clinicians and other interdisciplinary researchers that deal with topics of special interest to special issues.

All submissions will continue to be peer-reviewed by internationally recognised experts in the field of sleep and vigilance research. We hope you will join us in making these transformations so as to make the sleep field stronger together. We look forward to future exchanges and collaborations.

We wish you all for a healthy and prosperous 2017.