

**PREFACE****SBR faces a further challenge**

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First of all, I would like to inform you of a good-news. The Impact Factor (IF) of 'Sleep and Biological Rhythms' (SBR) in 2012 raised to 1.052. However, the rank of SBR in the category of Clinical Neurology remains still in the lower class (156 /192). SBR was evaluated its citation by Thomsom ISI in 2010 for the first time which was 0.753. Science then, the number of submission to SBR has been increasing and 87 in 2012. The capacity of SBR for publishing full papers is ca. 40 per year, so that more than a half of the submitted papers were rejected. In 2013, we received already 70 submissions by the end of July. SBR is the official journal of Japanese Society of Sleep Research (JSSR) and of the Asian Sleep Research Society (ASRS). But submission is not restricted from Asian countries. In 2012, 69.0 % of the submission was from Asia and Oceania, 21.8 % from Europe, 6.9 % from North and South America and 2.3 % from Africa. The top 5 were Japan (19), Turkey (12), Australia (7), Italy

(6), India (4), Iran (4) and Netherlands (4). The average days from receipt to Early View were 50.3 days and to Print Publication were 98.0 days. Editorial jobs are relatively fast.

On the other hand, SBR has several issues to be overcome. One is a relative shortage of papers concerning basic research, especially in the field of biological rhythm. Second is a difficulty to find appropriate reviewers in particular fields of sleep research. Third is a lack of listing on Pubmed Citation Index. The improvement of these weak-points would increase the impact facto further more. For this purpose, we have made a renewal of the editorial office and board members in this year. The editorial office became more powerful and international. In addition, we are planning to introduce a special column in SBR for invited review articles focused on a specific topic. And in future, we are thinking of bimonthly publication.