



## Scope of Journal of Sleep Disorders: Treatment and Care

Vural Fidan\*

### Introduction

Journal of Sleep Disorders: Treatment and Care is a medical disorder of the sleep patterns of a person in the field of sleep medicine that aims to publish the most complete and reliable source of information on the discoveries and current developments.

Types of research work: Research, original articles, review articles, short review, case reports, case studies, case series, short communications, etc. in all areas of sleep medicine The journal is also indexed in Sherpa Romeo, JournalTOCs, Crossref, J-Gate, Cosmos, Index Copernicus value: 77.44

Journal of Sleep Disorders: Treatment and Care is an open access journal. We provide a rapid turn-around time possible for peer reviewing and publishing the article online and to disseminate the articles freely for research, teaching and reference purposes.

### Scope of Journal

The journal focuses on the topics include, Physiology of Sleep & Wakefulness, Circadian rhythm Sleep disorder, Phenomenology of sleep disorders, Pharmacotherapy of sleep disorders, Aging and sleep, Bruxism, Developmental aspects of sleep, Delayed sleep, Obstructive Sleep Apnea, Sleep Snoring, Sleep Deprivation, Sleepwalking, Insomnia, Narcolepsy, Restless Leg Syndrome(RLS), Shift Work Sleep Disorder, Hypersomnia, Sleep Paralysis.

### Physiology of Sleep & Wakefulness

Physiology of Sleep & Wakefulness is the study of the neuroscientific and physiological basis of the nature of sleep and its functions. Sleep is broadly divided into two types- rapid eye movement (REM) and non-rapid eye movement (NREM or non-REM) sleep. Physiology of sleep involves the study of brain mechanisms which control wakefulness.

### Circadian Rhythm Sleep Disorder

Circadian Rhythm Sleep Disorders are a set of sleep disorders resulting in abnormalities in length, timing, and rigidity of the sleep-wake cycle relative to the day-night cycle. People with circadian rhythm sleep disorders are unable to sleep and wake at the times required for normal routine life.

### Aging and Sleep

Along with the physical changes that occur as we go old their

**Citation:** Fidan V (2020) Scope of Journal of Sleep Disorders: Treatment and Care. J Sleep Disor: Treat Care 9:2.

\*Corresponding author: Dr Vural Fidan, Hacettepe University, Faculty of Medicine, Ankara, TURKEY, E-mail: vuralf@mynet.com

Received: April 25, 2020 Accepted: May 03, 2020 Published: May 10, 2020

exists changes to our sleep patterns which are a part of the normal aging process. Although these changes are a normal part of aging, disturbed sleep, waking up tired every morning.

### Delayed Sleep

Delayed Sleep is a sleep disorder where the major sleep episode is delayed by two or more hours of the regular bedtime which causes difficulty in awakening at the desired time.

### Hypopnea Syndrome

Hypopnea syndrome or Obstructive sleep apnea is a potentially serious sleep disorder in which breathing repeatedly stops and starts during sleep. It is caused by obstruction to the upper airway. The pauses in sleep are called as apnea.

### Sleep Snoring

Snoring is a common condition that can affect everyone, although it occurs more commonly in men and people who are obese. Snoring has a tendency to worsen with age. Snoring may occur at night or day times.

### Sleep Deprivation

Sleep deprivation occurs when an individual fails to get enough sleep that a person required. The amount of sleep a person requires changes from one person to another; generally most adults need about seven to eight hours of sleep each night to feel alert and well rested. Sleep Deprivation may be chronic or acute.

### Insomnia

Insomnia is a sleep disorder that is characterized by difficulty in falling and being in asleep conditions. It is also termed as sleeplessness which is characterised by symptoms of difficulty in sleeping, waking up early in the morning, feeling fatigue up on waking..

### 2019 Highlights of Journal

Using Mobile phones to contact. Sent Call for papers for the experts in the particular field. Approaching the Editors suggested eminent in particular sphere. Approaching potential reviewers for the Call for papers. Maintaining the frequency of articles.

### Upcoming Tactics to improve Journal

We strive to improve readers for the published respective article in various social media platforms like Twitter, Linked in, etc. We are sending timely Call for papers for the respective countries according to their time line. We are using Search Engine Optimization (SEO), by adding major keywords in the article. We are also available to the authors through Whatsapp to respond fast.

### Acknowledgement

Finally, Journal of Sleep Disorders: Treatment and Care. would like to express sincere gratitude to each and every member for their valuable service in this Publication Process. We always look forward to work with many young scientists across the globe.

### Author Affiliations

Hacettepe University, Faculty of Medicine, Ankara, TURKEY

Top