

# Preface

## Waking Up to Sleep



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*Editors*

The field of sleep medicine is enjoying much attention in recent decades and more attention the past couple of years. A quick search of “sleep” in PubMed yields a steeply rising number of published studies, the highest of which was in 2021 at more than 23,000.<sup>1</sup> The relevance of sleep in basic and clinical research, particularly how this can transcend to our daily lives, makes looking into sleep much more pertinent. We now understand that a balance of events occurring while awake and asleep determines our general health and quality of life. Therefore, the timing of the peak number of published studies related to sleep reflects the current concerns regarding understanding sleep, its disorders, and how to manage the roughly 70 disorders listed in the third edition of the *International Classification of Sleep Disorders* (2014).<sup>2</sup>

The COVID-19 pandemic has isolated many and removed numerous zeitgebers that we had unknowingly relied upon. Prolonged lifestyle change and its effect on daily activities and sleep highlight the importance of understanding sleep disorders. Determining the cause of the most common sleep complaints is therefore essential. Children and adults alike experience sleep disorders. These may be related to physiologic, genetic, situational, or lifestyle determinants. Demands of school and work do not always agree with our sleep requirements. Stress, natural sleep propensity, preexisting sleep disorders, and medical comorbidities coupled with maladaptive responses may result in detrimental sleep effects.

With the increasing volume of available research, organized and curated information is valuable to every clinician. In this issue, esteemed sleep specialists of different medical fields review the most common causes of sleep disorders, approaches to evaluation, and its subsequent management.

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