



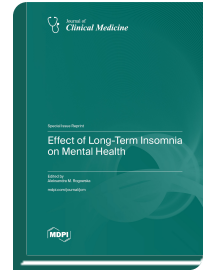
Special Issue Reprint

Effect of Long-Term Insomnia on Mental Health

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The purpose of this reprint is to explain the health-related factors, mechanisms, and consequences of mental health problems associated with chronic sleep disorders. The reprint presents how insomnia and sleep disorders affect mental health across genders and high-risk groups, including populations such as university students, healthcare workers, firefighters, people with ADHD symptoms, people with chronic spinal pain, and patients of forensic hospitals suffering from chronic neuropsychiatric disorders. By integrating findings from diverse demographic and clinical groups, the reprint provides insight into how chronic sleep disorders intersect with mental health, offering guidance for targeted interventions and public health policies. The reprint highlights the impact of contextual factors, including the COVID-19 pandemic, occupational stress, and digital media exposure, on sleep hygiene and mental well-being. The researchers examined how the currently observed risks associated with the use of modern technology, such as mobile screen addiction and online gaming disorder, impact specific aspects of mental health, including insomnia, stress, anxiety, and depression. Such a multifaced and comprehensive approach can be helpful for health-related organizations, healthcare professionals, and policymakers to develop the best strategies for prevention and psychological intervention for people at risk.

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