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Clocks & Sleep

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Message from the Editor-in-Chief

Clocks & Sleep (ISSN 2624-5175) is a new and fresh alternative to publish your results in a fast but still rigorous and transparent peer review process, while in an open access model.

Besides open-access (free access for readers), *Clocks & Sleep* also provides different publication formats including article, short communications, regular reports, reviews, commentaries, and we also welcome registered reports.

Together, we can make *Clocks & Sleep* a dynamic and high quality open access circadian/sleep journal with the greatest possible reach and research impact.

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Aims

Clocks & Sleep is a multidisciplinary, peer-reviewed, open access journal publishing original research covering all aspects of biological rhythms and sleep in all organisms. *Clocks & Sleep* focuses on genetic, molecular, biochemical, neurological, neuroendocrine, behavioral, physiological, cognitive, and epidemiological factors and brain imaging, dreams, modeling, shi work, and clinical approaches and/or topics. We welcome original articles, reviews, short communications, and case reports on basic research, clinical research, and applied science.

Scope

- Circadian and sleep physiology and their interactions;
- Circadian and sleep-related disorders in psychiatry, psychology, and neurology;
- Biological rhythms (circadian, seasonal, ultradian) and Zeitgebers (light, melatonin);
- Sleep habits and health, daytime functioning and quality of life;
- Cultural, historical, and societal aspects of sleep;
- Sleep and circadian monitoring and assistance technology: wearables and nearables;
- Computational modeling in the sleep and circadian fields;
- Sleep-wake behavior and the 24 h society/life-style;
- Environmental effects on sleep;
- Biological rhythms and sleep-like behaviors in non-animal species and cell cultures.

Author Benefits

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