Editorial

# Editorial - A New Chapter for *Sleep Science*

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At the beginning of this year, I embraced the honorable—and equally challenging—responsibility of serving as Editor-in-Chief of *Sleep Science*. Having previously served as an Associate Editor, I had the opportunity to closely follow the journal's remarkable progress, including its indexing in prestigious databases such as Scopus, DOAJ, PubMed, PMC, and Web of Science.

In 2024, we reached a significant milestone with 223 submissions, resulting in a high rejection rate. This reflects, on the one hand, the growing recognition of the journal's quality and, on the other, the unfortunate limitation on the number of articles we are able to publish each year, which is around 60. I now take on the commitment to maintain the high scientific standards that characterize our publications, while continuing the outstanding work of Professor Monica Andersen, who leaves behind a remarkable legacy as Editor-in-Chief of *Sleep Science*. In this spirit, I warmly invite researchers to continue submitting their work to us. *Sleep Science* welcomes original research articles, reviews, short communications, commentaries, and case reports in both pre-clinical and clinical research within the fields of sleep and chronobiology. Our scope is broad, covering a range of topics from exposure factors to outcomes, as well as strategies for the prevention and treatment of disorders related to sleep and circadian rhythms.

In this issue, for instance, readers will find studies addressing mental health outcomes, neurological disorders such as Parkinson's disease, sleep patterns, snoring, and comorbidities associated with sleep disturbances—all explored through diverse methodologies and perspectives. Exposure factors such as heat, physical activity, violence, and chronic conditions are also examined, sparking important discussions that enrich our current understanding of sleep health. Finally, we present an experimental model investigating whether female mice show increased vulnerability to chronic light exposure compared with younger individuals.

This diversity of topics and approaches reflects the breadth of *Sleep Science* and the important strides the field has made in recent years, while also underscoring how much there is still to uncover. I hope this new chapter not only upholds the excellence that has defined the journal so far but also moves us forward in deepening knowledge and contributing to both individual and public health.

Together, onward.

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