DESCRIPTION

Neurobiology of Sleep and Circadian Rhythms is a multidisciplinary journal for the publication of original research and review articles on basic and translational research into sleep and circadian rhythms. The journal focuses on topics covering the mechanisms of sleep/wake and circadian regulation from molecular to systems level, and on the functional consequences of sleep and circadian disruption. A key aim of the journal is the translation of basic research findings to understand and treat sleep and circadian disorders.

Topics include, but are not limited to:

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Inflammation and immunology
Memory and learning
Neurological and neurodegenerative diseases
Neuropsychopharmacology and neuroendocrinology
Behavioral sleep and circadian disorders
Shiftwork
Social jetlag

AUDIENCE

Sleep and Circadian Researchers, Neuroscientists, Neuropsychologists, Neuropsychopharmacologists, and Neuroendocrinologists.

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INTRODUCTION

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• Embed the used fonts if the application provides that option.
• Aim to use the following fonts in your illustrations: Arial, Courier, Times New Roman, Symbol, or use fonts that look similar.
• Number the illustrations according to their sequence in the text.
• Use a logical naming convention for your artwork files.
• Provide captions to illustrations separately.
• Size the illustrations close to the desired dimensions of the published version.
• Submit each illustration as a separate file.
• Ensure that color images are accessible to all, including those with impaired color vision.

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You are urged to visit this site; some excerpts from the detailed information are given here.

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- **TIFF (or JPEG):** Bitmapped (pure black & white pixels) line drawings, keep to a minimum of 1000 dpi.
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