# DESCRIPTION

*Sleep Health* Journal of the National Sleep Foundation is a multidisciplinary journal that explores sleep's role in population health and elucidates the social science perspective on sleep and health. Aligned with the National Sleep Foundation's global authoritative, evidence-based voice for sleep health, the journal serves as the foremost publication for manuscripts that advance the sleep health of all members of society. The scope of the journal extends across diverse sleep-related fields, including anthropology, education, health services research, human development, international health, law, mental health, nursing, nutrition, psychology, public health, public policy, fatigue management, transportation, social work, and sociology. The journal welcomes original research articles, review articles, brief reports, special articles, letters to the editor, editorials, and commentaries.

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INTRODUCTION

Sleep Health: Journal of the National Sleep Foundation is a new, multidisciplinary journal that explores sleep’s role in population health and elucidates the social science perspective on sleep and health. Aligned with the National Sleep Foundation’s global authoritative, evidence-based voice for sleep health, the Journal serves as the foremost publication for manuscripts that advance the sleep health of all members of society.

The scope of the journal extends across diverse sleep-related fields, including anthropology, education, health services research, human development, international health, law, mental health, nursing, nutrition, psychology, public health, public policy, fatigue management, transportation, social work, and sociology. The Journal welcomes original research articles, review articles, brief reports, special articles, letters to the editor, editorials, and commentaries.

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Please note the submission requirements for each article type listed below. **Original Research Articles** are original papers demonstrating the results of scientific studies. Regular Research Articles are based on empirical data. They can contain case vignettes, but clinical descriptions cannot be used as the main content of the article. The text of the article should contain no more than 4,000 words, in addition to an abstract of 250 words and up to 40 references. This word count includes only the main body of text (i.e., not abstract, references, tables, or figures). Structured Abstracts are required for all research articles; this abstract should be limited to 250 words or less. Please use the following headings in your abstract: Objectives, Design, Setting, Participants, Intervention (if any), Measurements, Results, and Conclusions.

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