SLEEP HEALTH
Journal of the National Sleep Foundation

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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 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, systematic review articles, brief reports, letters to the editor, editorials, and commentaries.

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Use person-first language if this is what is generally preferred by the study population

**Reporting sex- and gender-based analyses**

**Reporting guidance**

For research involving or pertaining to humans, animals or eukaryotic cells, investigators should integrate sex and gender-based analyses (SGBA) into their research design according to funder/sponsor requirements and best practices within a field. Authors should address the sex and/or gender dimensions of their research in their article. In cases where they cannot, they should discuss this as a limitation to their research's generalizability. Importantly, authors should explicitly state what definitions of sex and/or gender they are applying to enhance the precision, rigor and reproducibility of their research and to avoid ambiguity or conflation of terms and the constructs to which they refer (see Definitions section below). Authors can refer to the Sex and Gender Equity in Research (SAGER) guidelines and the SAGER guidelines checklist. These offer systematic approaches to the use and editorial review of sex and gender information in study design, data analysis, outcome reporting and research interpretation - however, please note there is no single, universally agreed-upon set of guidelines for defining sex and gender.

**Definitions**

Sex generally refers to a set of biological attributes that are associated with physical and physiological features (e.g., chromosomal genotype, hormonal levels, internal and external anatomy). A binary sex categorization (male/female) is usually designated at birth ("sex assigned at birth"), most often based solely on the visible external anatomy of a newborn. Gender generally refers to socially constructed roles, behaviors, and identities of women, men and gender-diverse people that occur in a historical and cultural context and may vary across societies and over time. Gender influences how people view themselves and each other, how they behave and interact and how power is distributed in society. Sex and gender are often incorrectly portrayed as binary (female/male or woman/man) and unchanging whereas these constructs actually exist along a spectrum and include additional sex categorizations and gender identities such as people who are intersex/have differences of sex development (DSD) or identify as non-binary. Moreover, the terms "sex" and "gender" can be ambiguous—thus it is important for authors to define the manner in which they are used. In addition to this definition guidance and the SAGER guidelines, the resources on this page offer further insight around sex and gender in research studies.

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Generally, follow the Uniform Requirements for Manuscripts Submitted to Biomedical Journals (http://www.icmje.org/index.html). Be cautious when using causal language; any such language should be used intentionally and carefully only in appropriate contexts (e.g., randomized clinical trials, laboratory
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Performance Evaluation manuscripts are research articles designed to compare a new technology/method to an existing technology/method. The instructions and template for these manuscripts can be found here.

Invited Commentaries and Editorials are relatively short pieces that respond to a current topic in Sleep Health. The Editor-in-Chief will invite authors to submit commentaries or editorials and provide guidelines on length on a case-by-case basis, usually not to exceed 1000 words and 20 references. Invited commentaries must meet journal standards for publication.
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