



# SLEEP MEDICINE

Official Journal of the [World Association of Sleep Medicine](#) and [International Pediatric Sleep Association](#)

## AUTHOR INFORMATION PACK

### TABLE OF CONTENTS

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●	<b>Description</b>	<b>p.1</b>
●	<b>Audience</b>	<b>p.1</b>
●	<b>Impact Factor</b>	<b>p.1</b>
●	<b>Abstracting and Indexing</b>	<b>p.2</b>
●	<b>Editorial Board</b>	<b>p.2</b>
●	<b>Guide for Authors</b>	<b>p.4</b>



### DESCRIPTION

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*Sleep Medicine* aims to be a journal no one involved in clinical **sleep medicine** can do without.

A journal primarily focussing on the human aspects of **sleep**, integrating the various disciplines that are involved in sleep medicine: neurology, clinical neurophysiology, internal medicine (particularly pulmonology and cardiology), psychology, psychiatry, sleep technology, pediatrics, neurosurgery, otorhinolaryngology, and dentistry.

The journal publishes the following types of articles: Reviews (also intended as a way to bridge the gap between basic sleep research and clinical relevance); Original Research Articles; Full-length articles; Brief communications; Controversies; Case reports; Letters to the Editor; Journal search and commentaries; Book reviews; Meeting announcements; Listing of relevant organisations plus web sites.

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### AUDIENCE

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Neurologists, clinical neurophysiologists, psychologists, psychiatrists, internists, particularly pulmonologists, cardiologists, gastroenterologists, nephrologists; sleep technologists, pediatricians, family physicians, otolaryngologists, neurosurgeons, dentists.

### IMPACT FACTOR

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## GUIDE FOR AUTHORS

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### *Your Paper Your Way*

We now differentiate between the requirements for new and revised submissions. You may choose to submit your manuscript as a single Word or PDF file to be used in the refereeing process. Only when your paper is at the revision stage, will you be requested to put your paper in to a 'correct format' for acceptance and provide the items required for the publication of your article.

**To find out more, please visit the Preparation section below.**

### INTRODUCTION

*Sleep Medicine* is published monthly and all manuscripts are peer-reviewed except proceedings of scientific meetings.

### *Purpose and Procedure*

Articles submitted for review should meet the following criteria:

- Studies of prevention or treatment must meet these criteria: random allocation of participants to comparison groups; follow-up of at least 80% of those entering the investigation; outcome measure of known or probably clinical importance.
- Studies of prognosis must meet these additional criteria: inception cohort of individuals, all initially free of the outcome of interest; follow-up of at least 80% of participants until the occurrence of a major study end point or to the end of the study.
- Studies of causation must meet these additional criteria: clearly identified comparison group for those at risk for, or having, the outcome of interest (e.g. randomized controlled trial, quasi-randomized controlled trial, nonrandomized controlled trial, cohort analytic study with case-by-case matching or statistical adjustment to create comparable groups, case-control study); blinding of observers of outcome to exposure (criterion assumed to be met if outcome is objective, e.g. all-cause mortality, objective test); blinding of observers of exposure to outcomes for case-control studies OR blinding of subjects to exposure for all to be compared on the basis of both the outcomes produced (effectiveness) and resources consumed (costs); evidence of effectiveness must be from a study (or studies) that meets the above-noted criteria for diagnosis, treatment, quality assurance, or a review article; results should be presented in terms of the incremental or additional costs and outcomes of one intervention over another; where there is uncertainty in the estimates or imprecision in the measurement, a sensitivity analysis should be done.

### *Article Types*

The primary emphasis of the journal will be clinical and to this end, a number of different types of articles will be published. Each type will be aimed to provide clinically important information needed to keep up to date with the practice of sleep medicine, written in a way to foster interdisciplinary understanding and make clinical information accessible to all practitioners.

*Sleep Medicine* publishes the following types of articles:

- **Original Articles** dealing with diagnosis, clinical features, pathophysiology, etiology, treatment (by all relevant modalities, including pharmacological, instrumental, surgical, behavioral, nutritional), genetics, epidemiology, natural history and prognosis of human sleep disorders will be considered for publication, provided these have not been previously published except in abstract form or have not been submitted simultaneously elsewhere. Reports may also include technical aspects of sleep medicine, which are relevant for diagnosis, pathophysiology, etiology, treatment and natural history. Basic research articles will also be published where they have a direct impact on or shed considerable light on clinical aspects of sleep. Submission of original articles based on animal or human experimental studies are encouraged, and these articles should include a comment in the abstract and discussion about the potential clinical relevance of the study.
- **Review articles** on all aspects of clinical sleep medicine and related basic science that contribute to understanding clinical sleep medicine will be published. Reviews will be timely, emphasize areas undergoing new development, and include both state of the art reviews and multi-author discussion of controversial areas.
- **Editorials** on manuscripts published elsewhere in the journal or on a timely and controversial topic will be published occasionally. Editorials may contain up to 1000 words and 20 references.

- **Brief Communications** are preliminary or limited results of investigations (up to 1500 words containing 20 or fewer references, one table and one figure).
- **Letters to the Editor** addressing articles appearing in the journal or on other current topics will be published (up to 300 words and five references).
- **Historical Issues in Sleep Medicine** submissions dealing with sleep-related historical figures, whether leaders from the past or characters from literature or mythology, will be considered for publication.
- **Book Reviews** are also published. Upon reception of a book from the publisher, it is sent to the book review editor.
- **Images in Sleep Medicine** submissions should derive from a specific sleep-related clinical situation. Each submission *must* consist of high-resolution images (e.g. polysomnographic tracing, actigraphic recording, neuroimaging, etc.) and should be accompanied by a very brief clinical impression, significance of the findings and figure legend. Readers will be encouraged to foster discussion of any controversial images. Submissions may contain up to 500 words and five references, and content must be organized by the following headings: 1. Introduction to the case, 2. Image analysis, 3. Discussion, and 4. References. Submissions not adhering to these guidelines may be rejected without further consideration.
- **Video-Clinical Corners** will deal with interesting and challenging clinical cases and significant original phenomena. Every video submission must consist of high-resolution images and a consent form for publication for educational purposes signed by the patient see [form](#), please see the **Patient Details** section below. The Editors reserve the right to ask for additional video/s or video modifications. Submissions may contain up to 750 words, 10 references and 2 figures, and content must be organized as follows: 1) **Introduction** of the case stating the purpose and unusual and interesting aspects of the video; 2) **Case description** including chief complaint, past and present medications and history and physical findings; 3) **Video analysis** of data including representative examples from the patient's polysomnogram; 4) **Brief discussion** of the differential diagnosis and therapeutic challenge.  
For tips on preparing your video for submission, see [here](#).

The journal will publish **special issues** or **supplements** dealing with proceedings of meetings, workshops or special topics.

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You can use this list to carry out a final check of your submission before you send it to the journal for review. Please check the relevant section in this Guide for Authors for more details.

#### **Ensure that the following items are present:**

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- Include keywords
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*Graphical Abstracts / Highlights files* (where applicable)

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Divide the article into clearly defined sections.

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This journal operates a single blind review process. All contributions will be initially assessed by the editor for suitability for the journal. Papers deemed suitable are then typically sent to a minimum of two independent expert reviewers to assess the scientific quality of the paper. The Editor is responsible for the final decision regarding acceptance or rejection of articles. The Editor's decision is final. [More information on types of peer review.](#)

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To avoid unnecessary errors you are strongly advised to use the 'spell-check' and 'grammar-check' functions of your word processor.

## Article structure

### *Subdivision - numbered sections*

Divide your article into clearly defined and numbered sections. Subsections should be numbered 1.1 (then 1.1.1, 1.1.2, ...), 1.2, etc. (the abstract is not included in section numbering). Use this numbering also for internal cross-referencing: do not just refer to 'the text'. Any subsection may be given a brief heading. Each heading should appear on its own separate line.

### *Introduction*

State the objectives of the work and provide an adequate background, avoiding a detailed literature survey or a summary of the results.

### *Material and methods*

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