

# Sleep and Breathing reflects the international state of the science and practice of sleep medicine

Amedeo Xu\*

*Department of Medical science, LV University, China*

## EDITORIAL NOTE

Sleep-related breathing disorders are conditions of abnormal and difficult respiration during sleep, including chronic snoring and sleep apnea. Some sleep-related breathing disorders have limited health impact, but others can have serious consequences because of their potential effects on sleep and the balance of oxygen and carbon dioxide in the blood.

Sleep disorders that involve difficulty breathing during sleep are classified as sleep related breathing disorders. Obstructive sleep apnea is the most common disorder of this type; however there are a number of variations of sleep apnea.

Sleep and Breathing reflects the international state of the science and practice of sleep medicine. The journal is founded on the recognition that management of sleep disorders requires a multi-disciplinary approach and diverse perspectives. Sleep and Breathing presents timely and original peer-reviewed studies on the management of the upper airway during sleep.

The journal presents cutting edge information on common sleep disorders and disruptions, including insomnia and shift work. Coverage includes patient studies, and studies that emphasize the principles of physiology and pathophysiology or illustrate novel approaches to diagnosis and treatment. In addition, the journal features articles describing patient-oriented and cost-benefit health outcomes research. It is dedicated to making the most important developments in sleep disordered breathing easily accessible to all who treat sleep apnea, presenting well-chosen, well-written, and highly organized information that is useful in patient care.

- Reflects the state of the art in the international science and practice of sleep medicine
- Official Journal of Sleep Disorder and Therapy (JSDT)
- Presents well-chosen, well-written, and highly organized information that is useful in patient care
- 100% of authors who answered a survey reported that they would definitely publish or probably publish in the journal again

\*Correspondence to: Amedeo Xu, Department of Medicine LV University, China, E-mail: amedeo.xu@gmail.com

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