

## Aims and Scope

SLEEP SCIENCE is a free open access journal committed to publish scientific studies focusing on sleep, chronobiology, and related subjects. It is the official journal of the Brazilian Sleep Association (ABS – *Associação Brasileira do Sono*) and the Latin American Federation of Sleep Societies (FLASS – *Federación Latinoamericana de Sociedades del Sueño*). SLEEP SCIENCE welcomes original studies, review articles, short communications, commentaries, and case reports in pre-clinical and clinical research regarding to sleep physiology and neurobiology, sleep deprivation/restriction, sleep disorders, and biological rhythms.

## Instructions to Authors

### Submission guidelines

Submissions to Sleep Science should be performed electronically by accessing the journal's website.

Only manuscripts which have not been published in any other journal, in print or electronically, will be considered. A plagiarism tool is applied in all manuscripts submitted to Sleep Science to ensure the originality of the text.

Manuscripts should be written in English (American or British usage is accepted, but not a mixture of these). It is strongly recommended that manuscripts written by non-native English language speakers are reviewed by a native speaker prior to submission.

### Ethical standards

Studies involving humans or animals should include the protocol approval number issued by the institutional ethics committee. Information regarding the written informed consent from all subjects (individually) should be stated in the methods section of clinical studies. Manuscripts without ethics committee approval or the description of signed informed consent will not be considered for publication by Sleep Science.

### Conflict of Interest

All authors should disclose any financial interests or activities related to commercial or other sources of funding. A conflict of interest statement should be included in the manuscript in regards to all the authors who contributed to the development of the study. If all authors have no conflict of interest, it should be disclosed in the manuscript as it follows: *The authors report no conflict of interest.*

### Submission fee

Sleep Science is a peer reviewed and open access journal with no fees for submission or publication.

### Manuscript categories

*Except for Correspondences, all categories should contain an abstract and references section.*

**Original Articles:** original scientific investigations which contain unpublished data and have significant relevance for the field of sleep and chronobiology research. This type of manuscript should comprise the following sections: abstract (≤250 words), introduction, material and methods, results, discussion, conclusion(s) and references. Original articles should not exceed 5000 words.

**Short Communication:** a concise report of an original investigation and/or the preliminary findings of a study. This type of manuscript should not exceed 3000 words and should comprise the following sections: abstract (100–150 words), introduction, material and methods, results, discussion, conclusion(s) and references.

**Reviews:** manuscripts that collect published data from the literature on an area of interest for sleep and chronobiology researchers and present a broad, critical analysis of the subject. Illustrations summarizing the main concepts of the Reviews are highly recommended. This type of manuscript should not exceed 5000 words and should comprise abstract (≤250 words) and references. Systematic reviews or meta-analysis should include a brief introduction, methodology, brief results, discussion, conclusion(s) and references. It is strongly recommended to authors follow the PRISMA checklist and provide the PRISMA flow diagram of the study (<https://www.prisma-statement.org/>).

**Overview:** this category should present the point of view of the author(s) about a high impact topic in sleep or chronobiology of

interest to sleep practitioners. It should include an abstract (100–150 words) and the main text should not exceed 1500 words.

**Case report:** a clinical case of special significance to sleep practitioners and research community. It should include an abstract (100–150 words), report of the case, discussion and conclusion. This type of manuscript should not exceed 1500 words.

**Correspondence articles:** correspondence articles are letters addressed to the Editor, which are intended to promote scientific debate about a relevant subject in the sleep and chronobiology field, or discuss the results of a manuscript recently published in Sleep Science. Correspondences should not exceed 1000 words.

## Article Structure

**Title page:** this should contain the title, a running title, authors' names and affiliations, the corresponding author's email, and a conflict of interest statement.

**Abstract and keywords:** the abstract should be a brief description of the study outlining its aim(s), methods, results, and conclusion(s). It should be concise and written objectively so that the reader can easily understand the study. There should be 3 to 6 keywords in English that define the main subjects of the study.

**Tables and Figures:** these should be in black and white or in gray scales, on separate pages. Photographs depicting surgical procedures, as well as those showing the results of exams or biopsies, will be considered for publication in color, with no additional cost to the authors. Each table and figure should be numbered with an Arabic numeral corresponding to its citation in the text. Table legends should accompany the respective tables in the main manuscript file. Figure legends should be inserted on a separate page, after the references. All abbreviations, acronyms, and symbols should be detailed below each table or figure in which they appear.

**Abbreviations:** they should be used sparingly and limited only to abbreviations that are widely accepted. All abbreviations should be defined at first use.

**References:** these should be listed in their order of appearance in the text and numbered consecutively with Arabic numerals. References should follow the Vancouver Style (see examples below). For manuscripts with more than 6 authors, list the first 6 authors, followed by 'et al.'

### Examples:

#### Journal articles

Tufik S, Lindsey CJ, Carlini EA. Does REM sleep deprivation induce a supersensitivity of dopaminergic receptors in the rat brain? *Pharmacology*. 1978;16(2):98–105.

#### Abstracts

Moreno CRC, Carvalho FA, Matuzaki LA, Louzada FM. Effects of irregular working hours on sleep and alertness in Brazilian truck drivers [abstract]. *Sleep*. 2002;25:399.

#### Book chapter

Tufik S & Andersen ML. Sono normal. In: Andersen ML, editor. *Sono: Da neurobiologia à prática médica*. São Paulo: Di Livros Editora Ltda; 2022. P. 25–51.

#### Official publications

World Health Organization. Guidelines for surveillance of drug resistance in tuberculosis. 2nd ed. Geneva: WHO; 2003. p. 1–24.

#### Thesis

Tufik SB. Distúrbios respiratórios do sono: evolução natural e fatores associados observados em um estudo longitudinal prospectivo de base populacional [tese]. São Paulo: Universidade Federal de São Paulo; 2020.

#### Electronic publications

Abood S. Quality improvement initiative in nursing homes: the ANA acts in an advisory role. *Am J Nurs* [Internet]. 2002 [cited 2002 Aug 12];102(6):[about 3 p.]. Available from: <http://www.nursingworld.org/AJN/2002/june/Wawatch.htm>

#### Homepages/URLs

Cancer-Pain.org [Internet]. New York: Association of Cancer Online

Resources, Inc., c2000-01 [updated 2002 May 16; cited 2002 Jul 9]. Available from: <http://www.cancer-pain.org/>

### *Clinical Trials*

Sleep Science accepts clinical trials for publication only if they have received an identification number from the Clinical Trial Registry, or from a similar clinical trial database, validated by the criteria established by World Health Organization (WHO) and International Committee of Medical Journals Editors (ICMJE). For more information: <https://www.who.int/clinical-trials-registry-platform/network/trial-registration>.

### *Submission checklist*

It is requested that the authors strictly follow the editorial guidelines of the journal.

For each manuscript submitted to Sleep Science, the authors should ensure that:

1. The content of the manuscript has not been submitted for publication in another journal, book or electronically (except in the form of an abstract or as part of a published lecture or academic thesis or as an electronic preprint) in English or in any other language and all authors have given their consent for the manuscript to be published;
2. The authors' conflicts of interests and any possible funding source have been disclosed;
3. The experimental procedures were properly approved by the institutional ethics committee where the research was carried out, if the investigation involves experiments in humans or other animals;

4. All participants provided signed informed consent forms, in the case of medical research in humans.

### **Changes to authorship**

Authors should provide the definitive list of authors at the time of the submission. Any addition or removal of authors will only be made before the manuscript has been accepted and only if approved by the journal Editor. To request a change, the corresponding author must provide the following to the Editor: (a) the reason for the change in author list and (b) written confirmation (e-mail, letter) from all authors that they agree with the addition or removal. In the case of addition or removal of authors, this includes confirmation from the author being added or removed.

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