EDITORIAL
The bidirectional relationship between patients’ sleep disorders and their spouses’ sleep quality
Y. Inoue 111

ORIGINAL ARTICLES
Assessment of sleep quality in spouses of patients with restless legs syndrome: Are they also restless at night?
B. Say · M. Hamamcı · U. Ergün 113

Insomnia is frequent in amyotrophic lateral sclerosis at the time of diagnosis
M. Choquer · H. Blasco · L. Plantier · S. Beltran · S.E. Bakkouche · P. Corcia · N. Limousin 121

Lifestyle factors and jet lag prevention: a preliminary cross-sectional analysis of travel wellness among Japanese and U.S. business class travelers
H. Hayashi · A. Shimoda · Y. Li · D.D. Sussman · H. Nishiuchi · K. Viswanath · Y. Yamamoto · N. Kondo · J. Yokokawa · H. Baba · I. Kawachi 127

The anticataplectic and REM suppression effect of milnacipran, an SNRI, on human and canine narcolepsy
Y. Kaneko · Y. Inoue · N. Fujiki · G. Han · S. Nishino · T. Shimizu · T. Kanbayashi · H. Kondo 137

The risk assessment by clinical background and cephalometry for obstructive sleep apnea with CPAP indication in Japanese
S. Nozawa · K. Urushihata · R. Machida · M. Hanaoka 145

The association between hand grip strenght and global PSQI score in the middleaged and elderly population
J. Li · Q. Zhang · Q. Wang · L. Zhou · X. Wan · X. Zeng 155

The quality and duration of sleep are related to hedonic hunger: a cross-sectional study in university students
M. Açık · A.N.S. Bozdağ · F.P. Çakiroğlu 163

Sleep quality and mental health of medical workers during the coronavirus disease 2019 pandemic
Y. Zheng · L. Wang · L. Feng · L. Ye · A. Zhang · R. Fan 173

Comparison of autonomic activity between N2 and N3 stages of NREM sleep: evaluation through heart rate variability metrics
E.L. Mateos-Salgado · F. Ayala-Guerrero 181

Changes in sleep patterns of patients undergoing general anesthesia for maxillofacial plastic surgery: a prospective cohort study
Y. Wang · L. Wang · W. Xu · J. Xu · L. Wei · X. Deng · F. Yan 187

The correlation between sleep quality and performance in football athlete
M.H.S.T. Penggalih · Z.M. Sofro · K.S. Oktarini · R.K. Ningrum 195

SHORT PAPER
The prevalence of restless legs syndrome in chronic obstructive pulmonary disease (COPD) patients
M.K. Momeni · S.A.J. Moosavi · B. Zamani · M. Naserbakht · A. Teimoori · M. Dastoorpoor · H. Raji 201

Further articles can be found at link.springer.com

Indexed in Science Citation Index Expanded (SciSearch), PubMed, SCOPUS, PsycINFO, EMBASE, Google Scholar, Academic Search, CSA Biological Sciences, CSA Neurosciences Abstracts, OCLC, SCImago, Summon by ProQuest, TOC Premier

Instructions for Authors for Sleep Biol. Rhythms are available at http://www.springer.com/41105