EDITORIAL

A New Multidisciplinary Journal: Sleep and Hypnosis

With this, the first issue of 1999, we are pleased to introduce to you our new journal, Sleep and Hypnosis. This is a multi-disciplinary journal and an absolutely superb group of sleep, dream, and hypnosis researchers has agreed to join us in leading the Journal into the future. The Journal includes an integrative subtitle "An International Journal of Sleep, Dream, and Hypnosis." In each issue, we plan to present current research results from the broad spectrum of sleep, dreaming, and hypnosis, including important findings pertinent to the etiological, epidemiological, patho-physiological, pathogenetical, diagnostic, clinical, experimental, laboratory, and therapeutical aspects. We hope that Sleep and Hypnosis will provide an important contribution to these fields. The members of advisory board come from several disciplines, specialities, and subspecialities. They are clinicians and scientists from the entire world. My profund thanks to each of these colleagues for making a useful vehicle, Sleep and Hypnosis, for the clinicians and researchers.

Until the 1950's, sleep was considered to be a time in which the brain was quiet and not active. When the Electroencephalography (EEG) was used to examine brain activity during sleep, the researches made the connection between Rapid Eye Movement (REM) sleep and dreaming. Thus, sleep was accepted as an active process. On the other hand, the door to modern sleep research opened and rapid progress was made in this area. Recent discoveries coming from multiple areas of sleep research at both basic sciences and clinical aspects are rapidly developing in many countries. Thus, there is a need to follow more publications in sleep research.

Dreaming is the most outstanding of the non-ordinary conscious states. Although it is an aspect of consciousness that everyone share, dream process is not well understood. It involves the psychophysiological system, the sociocultural system, and the self system. There are many functions of dreams such as mood-regulatory function, adaptive and compensatory function, and the integration of new information into existing memory systems. It is also related to immune functions of the organism and necessary for neural development in fetus and in newborn. The investigation of dream mechanisms and functions may help to understand the complex human cognitions, emotions, and behavior. Moreover, this may contribute to the explanation of psycho-pathology in many neuropsychiatric disorders.

Hypnosis has long been associated with the strange and mysterious, with sideshows and faith healers. Every culture has used hypnosis in one form or another. A number of metaphors have been utilised to describe what is hypnosis. From Animal Magnetism to lucid sleep, it has variously been referred. However, it seems that a synergistic framework is needed to consider the interactions among biological, psychological,

and psychosocial variables. Today, there is a consensus on hypnosis that it should be considered as a multidisciplinary phenomenon. The organisations related to clinical and experimental hypnosis have been established, with journals to publish research findings and case materials. These societies and associations have members from many disciplines such as dentistry, psychology, psychiatry, anestesiology, neurology, and the others.

Another important topic is the relationship between sleep and hypnosis. There is a growing appreciation, as evidenced by the burgeoning literature in recent years, of the key role of dissociation in sleep states and hypnotic phenomena. Recently, some clinical syndromes have been described such as sleep-related eating disorders and sleep-related dissociative disorders that characterized by same features. On the other hand, hypnosis has been used successfully in treating a variety of sleep disorders including insomnia, sleep terrors, disorders of arousal, and sleepwalking. There is a strong and plausible association between sleep states and hypnotic phenomena. The investigation of this association will be helpfull to understand the underlying mechanisms of these phenomena. Sleep and Hypnosis will contain the contributions related to this association.

In the coming years we anticipate important progress in our understanding of the basic mechanisms of sleep, dreaming, and hypnosis. We belive in Sleep and Hypnosis will be an important participant in these progresses by publishing high-quality articles from all disciplines.

Looking forward to see next issues with happy and healthy years.

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Sleep and Hypnosis