

## Special Issue

# Nutrition and Sleep amid COVID-19

### Message from the Guest Editors

Coronavirus disease 2019 (COVID-19) is currently a pandemic affecting millions of people globally. To date (11 June 2020), 7,451,532 cases and 418,872 deaths have been recorded. Of the recorded cases, half (~50%; 3,733,379) have recovered. However, evidence suggests that there are major health consequences (e.g., organ damage) of COVID-19 after recovery. This indeed has an implication in future disease burden as well as health care service, utilization, and cost. The virus also has a detrimental effect on nutrition and sleep health (the two “pillars” of health), which are highly correlated and modifiable behavioral factors. These behaviors directly and strongly predict physical and mental wellbeing. Hence, a thorough investigation on the prognostic effect of diet and sleep, and identification of the behavioral changes and associated effects on physical and mental health, may help to guide current and future clinical and public health interventions.

### Guest Editors

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### Deadline for manuscript submissions

closed (1 February 2021)



## Healthcare

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## About the Journal

### Message from the Editor-in-Chief

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