



The Dynamic Interplay of Behaviors across the 24 Hours

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Message from the Guest Editors

During the past decade, evidence has continued to accumulate that a person's behavior during both sleep and wake time has important consequences for health and quality of life. These behaviors, and their relationships with health and disease, have been studied in isolation from one another. We are still far from a nuanced and in-depth understanding of the complex ways in which people spend their daily time and activities and how this may interact with health and disease. Of particular interest is how related behaviors (e.g., eating), affect, timing of behaviors (e.g., nighttime television viewing), and sleep quality may interact with the 24-hour behavioral composition to shape the health of people. Special populations and novel health outcomes are also in need of additional research. This Special Issue welcomes cutting-edge articles that represent methodological advances in the field that address some of the challenges herein exposed. This Special Issue is a platform for authors to submit their most impactful research to stimulate meaningful advances in the field.





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Message from the Editor-in-Chief

Addressing the environmental and public health challenges requires engagement and collaboration among clinicians and public health researchers. Scientific discoveries and advances in this research field play a critical role in providing a rational basis for informed decision-making toward control and prevention of human diseases, especially the illnesses that are induced from environmental exposure to health hazards.

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