

Special Issue

The Independent and Joint Roles of Sleep and Chrono-Nutrition in Cardiometabolic Risk

Message from the Guest Editors

This Special Issue focus on the associations between sleep, diet, and cardiometabolic risk. Topics of particular interest are multi-dimensional sleep health (sleep duration, quality, and regularity and sleep disorders) and chrono-nutrition (eating pattern timing and variability) in relation to cardiometabolic outcomes (blood pressure, glycemic regulation, adiposity, and inflammation) and cardiovascular disease risk. Studies that examine the bidirectional relation between sleep and diet as well as papers dealing with new approaches and methods to evaluate sleep health and chrono-nutrition are also welcome. Manuscripts that examine the contribution of sleep, chrono-nutrition, or the interplay of sleep and diet to cardiovascular health disparities are encouraged. Submissions of original research, narrative and systematic reviews, and meta-analyses will be included.

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Deadline for manuscript submissions

closed (1 April 2024)



International Journal of Environmental Research and Public Health

an Open Access Journal
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CiteScore 8.5
Indexed in PubMed



mdpi.com/si/82325

*International Journal of
Environmental Research and
Public Health*

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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.

IJERPH provides a forum for discussion of discoveries and knowledge in these multidisciplinary fields. Please consider publishing your research in this high quality peer-reviewed journal.

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