

Special Issue

Sleep and Diet: Exploring Interactive Associations on Human Health

Message from the Guest Editors

We are pleased to announce our call for papers for a Special Issue of *Nutrients* on the topic of “The Relationship between Sleep, Dietary Patterns and Human Health”. This Special Issue will explore the intricate connections among sleep, dietary habits, and overall health, highlighting the multifaceted interactions that contribute to wellbeing and disease prevention. Scope and Topics We invite researchers, clinicians, and scholars to submit original research articles, reviews, and commentaries that address, but are not limited to, the following topics:

- The impact of sleep duration and quality on dietary behaviors and nutritional choices;
- The role of diet in influencing sleep patterns and sleep disorders;
- Mechanisms linking sleep and diet with metabolic health, cardiovascular health, mental health, and immune function;
- Interventions targeting sleep and diet to improve health outcomes;

We look forward to your contributions to this Special Issue, which we believe will significantly advance our understanding of how sleep and dietary patterns interact to influence human health.

Guest Editors

Dr. Sergio Garbarino

Dr. Egeria Scoditti

Prof. Dr. Nicola Luigi Bragazzi

Deadline for manuscript submissions

15 October 2025



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About the Journal

Message from the Editorial Board

Nutrients is an on-line open access journal that was first published in 2009. *Nutrients* adheres to rigorous peer-review and editorial processes and publishes only high quality manuscripts that address important issues related to the impacts of nutrients on human health. The Impact Factor of *Nutrients* has risen rapidly since its establishment and it is now ranked in the first quartile of journals publishing in the field of nutrition and dietetics research.

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