

Special Issue

Sleep and Nutrition

Message from the Guest Editors

Sleep and nutrition are important independently modifiable health behaviours which are separately influenced by circadian factors. However, we are increasingly recognising the strong bidirectional interrelationships between these behaviours, which may increase the risk for significant health outcomes including metabolic conditions and cardiovascular disease. These outcomes may be exacerbated in vulnerable, safety-critical, or high-performing populations; or in those with sleep problems or disorders.

In this Special Issue on “Sleep and Nutrition”, we invite original research or reviews on the broad relationships between these behaviours and their influences and impacts in diverse populations (e.g., shift workers, athletes, older adults, those with sleep disorders, etc.) to further our knowledge and ultimately optimise human health and function.

Guest Editors

Dr. Jen Walsh

Dr. Ian C. Dunican

Dr. Charlotte Gupta

Deadline for manuscript submissions

closed (20 May 2023)



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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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