Special Issue

Effects of Caffeine on Sleep and Mental Health

Message from the Guest Editors

This Special Issue of Nutrients will explore the effects of caffeine consumption on sleep health and mental health. Our goal is to provide an evidence base for professionals who advise on diet and other aspects of lifestyles, as well as inform future research in this area. We welcome the submission of original articles or reviews investigating associations between caffeine and sleep health and mental health throughout the lifespan within challenging environments and special populations. The focus of the articles could include, but is not limited to, caffeine consumption in children and adolescents, in women who are taking oral contraceptives or experiencing perimenopause or menopause, for enhancing performance for sport and work, in military personnel and in shift work settings. We are particularly interested in the intersection between caffeine consumption and both sleep and mental health outcomes.

Guest Editors

Prof. Dr. Ajmol Ali

School of Sport, Exercise and Nutrition, Massey University, Auckland 0632, New Zealand

Dr. Karyn O'Keeffe

Sleep/Wake Research Centre, School of Health Sciences, College of Health, Massey University, Wellington 602, New Zealand

Deadline for manuscript submissions

closed (25 May 2025)



Nutrients

an Open Access Journal by MDPI

Impact Factor 5.0 CiteScore 9.1 Indexed in PubMed



mdpi.com/si/205485

Nutrients
Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
nutrients@mdpi.com

mdpi.com/journal/ nutrients





Nutrients

an Open Access Journal by MDPI

Impact Factor 5.0 CiteScore 9.1 Indexed in PubMed





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.

Editors-in-Chief

Prof. Dr. Lluis Serra-Majem

- Centro de Investigación Biomédica en Red Fisiopatología de la Obesidad y la Nutrición (CIBEROBN), Institute of Health Carlos III, 28029 Madrid, Spain
- Research Institute of Biomedical and Health Sciences (IUIBS),
 University of Las Palmas de Gran Canaria, 35001 Las Palmas, Spain
 Preventive Medicine Service, Centro Hospitalario Universitario
 Insular Materno Infantil (CHUIMI), Canarian Health Service, 35016 Las

Prof. Dr. Maria Luz Fernandez

Department of Nutritional Sciences, University of Connecticut, Storrs, CT 06269, USA

Author Benefits

Palmas, Spain

Open Access:

free for readers, with article processing charges (APC) paid by authors or their institutions.

High Visibility:

indexed within Scopus, SCIE (Web of Science), PubMed, MEDLINE, PMC, Embase, PubAg, AGRIS, and other databases.

Journal Rank:

JCR - Q1 (Nutrition and Dietetics) / CiteScore - Q1 (Nutrition and Dietetics)