

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.

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Deadline for manuscript submissions

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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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