

## Special Issue

# Effects of Nutrition and Sleep on Sports Performance in Young Adults

### Message from the Guest Editor

Optimal sports performance in young adults is underpinned by the dynamic and interdependent roles of nutrition and sleep, two modifiable behaviors that exert profound influences on physiological adaptation, recovery, and long-term athlete development. Young adulthood represents a critical transitional period characterized by high training demands, academic and occupational stressors, and irregular lifestyle patterns that can compromise dietary quality and sleep duration. Emerging evidence indicates that inadequate energy intake, suboptimal macronutrient distribution, micronutrient insufficiencies, and poor hydration practices can impair training adaptations, immune function, and injury resilience. Concurrently, insufficient or poor-quality sleep disrupts endocrine regulation, autonomic balance, and neurocognitive function, with downstream consequences for recovery, decision-making, and performance consistency.

This Special Issue aims to synthesize current evidence, highlight mechanistic pathways, and identify critical gaps in knowledge related to nutrition–sleep interactions and athletic performance in young adults.

---

### Guest Editor

Dr. Andrew Jagim  
Sports Medicine, Mayo Clinic Health System, La Crosse, WI 54601, USA

---

### Deadline for manuscript submissions

15 July 2026



## Nutrients

---

an Open Access Journal  
by MDPI

---

Impact Factor 5.0  
CiteScore 9.1  
Indexed in PubMed



[mdpi.com/si/266063](https://mdpi.com/si/266063)

*Nutrients*  
Editorial Office  
MDPI, Grosspeteranlage 5  
4052 Basel, Switzerland  
Tel: +41 61 683 77 34  
[nutrients@mdpi.com](mailto:nutrients@mdpi.com)

[mdpi.com/journal/  
nutrients](https://mdpi.com/journal/nutrients)





# Nutrients

an Open Access Journal  
by MDPI

Impact Factor 5.0  
CiteScore 9.1  
Indexed in PubMed



[mdpi.com/journal/  
nutrients](https://mdpi.com/journal/nutrients)



## 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. Lluís Serra-Majem

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

Prof. Dr. Maria Luz Fernandez

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

### Author Benefits

#### 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)