

## Special Issue

# Diet- and Sleep-Based Approach for Cardiovascular Risk/Diseases

### Message from the Guest Editors

Cardiovascular disease (CVD) is a primary cause of mortality and morbidity worldwide. Despite improvements in pharmacological treatments, patients with CVD have an unfavorable prognosis. Modifiable risk factors of CVD include hypertension, diabetes, dyslipidemia, hyperuricemia, obesity, and so forth, many of which are generally based on lifestyle behaviors related to diet and sleep. Unhealthy diet such as high intake of salt, carbohydrate and saturated fatty acid cause atherosclerotic disease through development of the CVD risk factors. Sleep disorders such as sleep apnea and sleep deprivation that negatively affect sleep hygiene and quality, also play an important role of developing hypertension, CVD, and heart failure. However, evidence on an interplay between diet and sleep on developing CVD is scarce.

This Special Issue invites submissions of manuscripts, either original research or reviews, with an emphasis on describing the interplay between diet and sleep and/or their influences on CVD and cardiovascular risk factors.

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### Guest Editors

Dr. Takatoshi Kasai  
Prof. Dr. Masahiko Kato  
Dr. Ryo Naito

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### Deadline for manuscript submissions

closed (5 March 2024)



## Nutrients

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### 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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### Editors-in-Chief

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