

Special Issue

Nutrition and Brain Health Across the Lifespan: Insights into Mental, Cognitive, and Sleep Outcomes in Health and Disease

Message from the Guest Editors

There is growing evidence that nutrition is vital role for supporting mental well-being, cognitive function, and sleep health through varied interacting biological and neural mechanisms. This Special Issue invites cutting-edge contributions from in vitro, preclinical, and human studies, including cross-sectional, longitudinal, and intervention-based designs, that explore how nutrition influences brain health across the human lifespan, from early development to older adulthood. We are particularly interested in work that investigates or elucidates underlying mechanistic pathways in both healthy individuals and clinical populations across all stages of life. We welcome a wide range of manuscript types, including original research articles, systematic, narrative and scoping reviews, meta-analyses, short communications, and commentaries and perspectives.

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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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