

Special Issue

The Relationship between Diet and Sleep among Pregnant Women and Children

Message from the Guest Editors

Sleep has been somewhat recently identified as an important risk factor in the development of obesity and other chronic deleterious conditions, joining diet as an established target in prevention policies and interventions. In particular, diet and sleep have been found to be important in the health of pregnant women and children. Less research has focused on the interrelationships of dietary factors, such as nutrient intake and dietary patterns with sleep quality, quantity, and disruption. This supplement will highlight articles that emphasize the interaction of diet and sleep, specifically emphasizing those with high-quality measurements and a particular focus on hypothesis-driven research.

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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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