

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.

Guest Editors

Dr. Patricia Markham Risica

Department of Behavioral and Social Science, Brown School of Public Health, Providence, RI 02903, USA

Dr. Tayla von Ash

Behavioral and Social Sciences, Brown School of Public Health, Brown University, Providence, RI, USA

Deadline for manuscript submissions

20 February 2026



Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



mdpi.com/si/152635

Nutrients
Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
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 (UIBS), 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)