

## Special Issue

# Relationship Between Sleep Quality, Diet Quality and Non-Communicable Diseases

### Message from the Guest Editors

Good sleep quality is essential for physical and mental well-being, and its disruption is often associated with metabolic disorders, chronic inflammation, and hormonal imbalances that can increase the risk of chronic diseases such as obesity, type 2 diabetes, cardiovascular diseases, and some types of cancer. Similarly, diet quality plays a fundamental role in preventing these diseases, as a healthy diet helps to reduce inflammation and improve metabolism. Recent studies suggest that there is a bidirectional relationship between diet and sleep: poor diet quality can negatively affect sleep, while inadequate sleep can lead to less healthy food choices, creating a vicious cycle that increases the risk of developing NCDs.

This Special Issue is to provide new evidence on the relationship between diet quality and sleep quality and their impact on the risk of NCDs. Mechanistic studies, epidemiological research, and clinical trials showing the impact of nutrients, foods, food groups, and dietary patterns on sleep are of particular interest. Equally of interest are epidemiological and interventional studies investigating the relationship between sleep quality and NCD risk.

### Guest Editors

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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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