

Special Issue

Nutrition, Sleep, Physical Activity and Mood Disorders

Message from the Guest Editor

Mood disorders are a major global health issue. As mental health is certainly an important public health issue with a lot of fallout, specific policy of prevention are ever necessary. One of the most important preventive factors, without doubt, is the supplementation of food-derived materials, integrated in the usual food intake, obviously, together with engagement in physical activity, sleep quality, last but not least, the presence of rewarding activities in the lifetime. It is possible that all of these factors can balance the biological needs, mood and behavior, with potentially beneficial effects for people. The objective of this SI is to publish selected papers detailing specific aspects of nutrition and other lifestyle precautions, such as sleep quality and participation in physical activity that could play a role in preventing and intervening on mood disorders, both in adults, elderly subjects, and young patients. Particularly, papers (reviews and/or clinical or experimental studies) dealing with the role of specific nutrients on mood, and also contributions addressing their indirect effects through the involvement of specific cerebral neurotransmitters, will be included.

Guest Editor

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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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