

Special Issue

Effects of Dietary Timing and Nutrient Intake on Sleep Quality and Human Health

Message from the Guest Editors

Emerging evidence suggests that both the timing and composition of food intake are critical determinants of sleep quality and overall human health. Irregular eating patterns and late-night food consumption can disrupt circadian alignment, impair glucose regulation, and reduce sleep efficiency. In contrast, dietary patterns rich in plant-based foods, fiber, and specific nutrients such as tryptophan, omega-3 fatty acids, and magnesium have been linked to improved sleep duration and architecture. Despite increasing scientific interest, the biological mechanisms underlying these associations remain incompletely understood, particularly with regard to hormonal regulation, metabolic signaling, and gut-brain axis interactions. This Special Issue aims to advance current knowledge on how dietary timing, nutrient composition, and circadian factors interact to influence sleep physiology. It welcomes contributions from epidemiological, clinical, and mechanistic studies employing objective sleep assessments, as well as rigorous systematic reviews and meta-analyses that synthesize current evidence to inform nutritional strategies for optimizing sleep and long-term health.

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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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