

Special Issue

Diet, Physical Activity and Exercise and Sleep Quality

Message from the Guest Editors

This Special Issue is aimed at clarifying the interactions between diet, physical activity and exercise and sleep as key factors in the metabolic health of the individuals.

The prevalence of obesity and metabolic diseases is dramatically increasing worldwide. The causes of this trend are many and complex, such as food amount and food quality. Moreover, sleep is a physiological process, essential for life, with a significant impact on physical and mental health.

Both sleep amount and sleep quality have been put in relation to the onset of metabolic derangements, and on the other hand, weight excess is associated with the development of sleep disorders. Physical activity and exercise have a well-known impact on metabolism, and may influence sleep quality, and conversely, bad-quality sleep can influence physical performance. These mutual effects put diet, physical activity and exercise, sleep and metabolic diseases in a stringent relationship.

Papers aimed at exploring the molecular basis of this interaction and clinical studies on this topic are welcome in this Special Issue.

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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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