

Special Issue

Sleep, Nutrition, and Human Health

Message from the Guest Editors

Diet and sleep are both important parts of a healthy lifestyle, but little is known about their independent or interactive roles in affecting human health. Furthermore, research is needed on how sleep and diet may impact each other. The aim of this Special Issue is to bring together recent research on these topics. Submissions of original research, narrative and systematic reviews, and meta-analyses will be included. Studies in which aspects of both diet and sleep as exposures or in which one is the exposure and the other is the outcome will be considered. Manuscripts that investigate sleep quality and sleep duration are of particular interest, but those investigating other sleep variables are also welcome. Dietary aspects of particular interest include energy intake, dietary patterns, diet quality, meal timing, and macro- and micro-nutrients. Human health aspects of energy balance, obesity, and chronic diseases such as cancer, diabetes, heart disease, and others are encouraged.

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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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