

Special Issue

Eat Well, Sleep Well: Exploring the Association between Eating Behaviour and Sleep Quality

Message from the Guest Editors

Eating behaviour is a crucial target of intervention to improve global health. We spend a large amount of our time planning, preparing and eating meals. If we add this to the time we dedicate to sleep, we intuitively notice how relevant sleeping and eating are in our daily life.

Moreover, despite the fact that sleeping and eating are mutually exclusive, they influence each other. As part of a circadian rhythmicity, the sleep–wake cycle, circadian preferences and eating behaviours are intimately connected. An example of this interaction is the emerging field of chrononutrition. Researchers and healthcare professionals are increasingly aware of the need to assess sleep parameters when studying eating behaviours. This Special Issue welcomes research proposing valid methodological approaches to explore the interplay between sleep parameters, with specific attention being paid to sleep quality and eating behaviour. Furthermore, research regarding chrononutrition will be considered.

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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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