

## Special Issue

# The Effect of Dietary Patterns and Sleep on Body Weight Management

### Message from the Guest Editor

The relation between sleep, diet, and body composition is well known. Epidemiological studies clearly show that shorter sleep duration and sleep disorders are associated with obesity and weight gain. However, the role of sleep health, including its duration and quality, in food intake regulation, is not clear. Research is needed to establish how sleep influences appetite, energy intake, and energy balance regulation to modify body composition (e.g., achieving weight loss and maintaining reduced weight following weight change). The goal of this Special Issue is to cover research on these topics. Manuscripts that investigate sleep quality and sleep health in relation to dietary quality are of particular interest. Aspects of energy balance, including dietary intakes and patterns, patterns of physical activity, and body composition, are also relevant to this Special Issue. Submissions of original research, narrative and systematic reviews, and meta-analyses will be included.

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### Guest Editor

Dr. Marie-Pierre St-Onge

Sleep center of excellence & Institute of Human Nutrition, Columbia University Irving Medical Center, New York, NY 10032, USA

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### Deadline for manuscript submissions

closed (15 August 2020)



## Nutrients

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*Nutrients*  
Editorial Office  
MDPI, Grosspeteranlage 5  
4052 Basel, Switzerland  
Tel: +41 61 683 77 34  
[nutrients@mdpi.com](mailto:nutrients@mdpi.com)

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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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Prof. Dr. Lluís Serra-Majem

1. Centro de Investigación Biomédica en Red Fisiopatología de la Obesidad y la Nutrición (CIBEROBN), Institute of Health Carlos III, 28029 Madrid, Spain
2. Research Institute of Biomedical and Health Sciences (UIBS), University of Las Palmas de Gran Canaria, 35001 Las Palmas, Spain
3. Preventive Medicine Service, Centro Hospitalario Universitario Insular Materno Infantil (CHUIMI), Canarian Health Service, 35016 Las Palmas, Spain

Prof. Dr. Maria Luz Fernandez

Department of Nutritional Sciences, University of Connecticut, Storrs, CT 06269, USA

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