

Special Issue

Meal Timing and Sleep Quality to Improve Human Health

Message from the Guest Editor

Insufficient sleep is associated with a variety of adverse health conditions. The physiological basis for the link between sleep and energy metabolism is the fact that the regulation of both sleep and energy metabolism is affected by mechanical factors such as orexin, leptin, insulin, etc.

Studies have shown that one effect of sleep extension is a reduction in energy intake. Most people obtain all of their rest in one long sleep episode and this extended duration of fasting imposes metabolic consequences. In terms of the selection of oxidized substrate assessed by the time course of RQ during sleep, inter-individual differences become apparent during sleep; this might serve as a window to gain insight into the early-stage pathogenesis of metabolic inflexibility. This highlights the possibility that the timing, quality and quantity of meals affect the diurnal rhythm of energy metabolism, sleep quality, and possibly health outcomes.

This Special Issue invites submissions of manuscripts, either original research or reviews, with an emphasis on describing meal timing and sleep quality and their influence on human health (e.g., energy balance, chronic diseases, etc.).

Guest Editor

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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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