

Special Issue

Improving Shift Workers Health: What Is the Role of Nutrition?

Message from the Guest Editor

In the last several decades, many studies on shift work have been carried out in both the field and the laboratory. In general, changes in habits and behaviors, as well as physiological changes, are observed in shift workers due to the inversion of light–dark cycle imposed by the work schedule, the suppression of melatonin production, and lifestyle changes.

This Special Issue is mainly dedicated to studies of interventions related to the use of food consumption aimed at mitigating such changes, but other interventions such as melatonin administration, napping, and exercise practice may also be included. Moreover, reviews on the topic are welcome.

In addition, studies on schedules and dietary suggestions for shift and night workers to address potential issues in this area will be included.

Guest Editor

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Deadline for manuscript submissions

closed (30 September 2023)



Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



mdpi.com/si/126278

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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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