

Special Issue

The Right Time to Sleep, the Right Time to Eat: Chronobiology of Metabolism in Health and Disease

Message from the Guest Editor

The burden of chronic metabolic disorders, such as obesity and type 2 diabetes, is continuously rising and affects almost all healthcare systems worldwide. In this context, the involvement of chronobiological rhythms in human energy balance is an exciting area of current research. One relevant factor related to physiological energy homeostasis is the timing of meals and sleep. Current evidence supports an important role for the timing of eating and sleeping in the regulation of body weight and metabolism. Furthermore, the interaction between homeostatic/hedonic control of appetite and feeding, physical activity, and sleeping patterns are of highest interest regarding our understanding of human energy homeostasis. The Special Issue welcomes original and reviews articles highlighting the role of meal and sleep timing and its metabolic consequences for human health with a particular emphasis on chronobiology. Prof. Dr. Sebastian Schmid

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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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