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Sleep and Nutrition

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Deadline for manuscript submissions:

closed (20 May 2023)

Message from the Guest Editors

Dear Colleagues,

Sleep and nutrition are important independently modifiable health behaviours which are separately influenced by circadian factors. However, we are increasingly recognising the strong bidirectional interrelationships between these behaviours, which may increase the risk for significant health outcomes including metabolic conditions and cardiovascular disease. These outcomes may be exacerbated in vulnerable, safety-critical, or high-performing populations; or in those with sleep problems or disorders.

In this Special Issue on “Sleep and Nutrition”, we invite original research or reviews on the broad relationships between these behaviours and their influences and impacts in diverse populations (e.g., shift workers, athletes, older adults, those with sleep disorders, etc.) to further our knowledge and ultimately optimise human health and function.



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Special Issue



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