



Diet- and Sleep-Based Approach for Cardiovascular Risk/Diseases

Guest Editors:

Dr. Takatoshi Kasai

Prof. Dr. Masahiko Kato

Dr. Ryo Naito

Deadline for manuscript
submissions:

closed (5 March 2024)

Message from the Guest Editors

Cardiovascular disease (CVD) is a primary cause of mortality and morbidity worldwide. Despite improvements in pharmacological treatments, patients with CVD have an unfavorable prognosis. Modifiable risk factors of CVD include hypertension, diabetes, dyslipidemia, hyperuricemia, obesity, and so forth, many of which are generally based on lifestyle behaviors related to diet and sleep. Unhealthy diet such as high intake of salt, carbohydrate and saturated fatty acid cause atherosclerotic disease through development of the CVD risk factors. Sleep disorders such as sleep apnea and sleep deprivation that negatively affect sleep hygiene and quality, also play an important role of developing hypertension, CVD, and heart failure. However, evidence on an interplay between diet and sleep on developing CVD is scarce.

This Special Issue invites submissions of manuscripts, either original research or reviews, with an emphasis on describing the interplay between diet and sleep and/or their influences on CVD and cardiovascular risk factors.





an Open Access Journal by MDPI

Editors-in-Chief

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 (IUIBS), 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

Author Benefits

Open Access: free for readers, with article processing charges (APC) paid by authors or their institutions.

High Visibility: indexed within Scopus, SCIE (Web of Science), PubMed, MEDLINE, PMC, Embase, PubAg, AGRIS, and other databases.

Journal Rank: JCR - Q1 (Nutrition and Dietetics) / CiteScore - Q1 (Food Science)

Contact Us

Nutrients Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland

Tel: +41 61 683 77 34
www.mdpi.com

mdpi.com/journal/nutrients
nutrients@mdpi.com
X@Nutrients_MDPI