



nutrients



an Open Access Journal by MDPI

The Relationship between Diet and Sleep among Pregnant Women and Children

Guest Editors:

Dr. Patricia Markham Risica

Department of Behavioral and Social Science, Brown School of Public Health, Providence, RI 02903, USA

Dr. Tayla von Ash

Behavioral and Social Sciences, Brown School of Public Health, Brown University, Providence, RI, USA

Deadline for manuscript submissions:

5 March 2025

Message from the Guest Editors

Dear Colleagues,

Sleep has been somewhat recently identified as an important risk factor in the development of obesity and other chronic deleterious conditions, joining diet as an established target in prevention policies and interventions. In particular, diet and sleep have been found to be important in the health of pregnant women and children. Less research has focused on the interrelationships of dietary factors, such as nutrient intake and dietary patterns with sleep quality, quantity, and disruption. This supplement will highlight articles that emphasize the interaction of diet and sleep, specifically emphasizing those with high-quality measurements and a particular focus on hypothesis-driven research.



mdpi.com/si/152635

Special *Issue*



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