



## **Eat Well, Sleep Well: Exploring the Association between Eating Behaviour and Sleep Quality**

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### **Message from the Guest Editors**

Dear Colleagues,

Eating behaviour is a crucial target of intervention to improve global health. We spend a large amount of our time planning, preparing and eating meals. If we add this to the time we dedicate to sleep, we intuitively notice how relevant sleeping and eating are in our daily life. Moreover, despite the fact that sleeping and eating are mutually exclusive, they influence each other. As part of a circadian rhythmicity, the sleep–wake cycle, circadian preferences and eating behaviours are intimately connected. An example of this interaction is the emerging field of chrononutrition. Researchers and healthcare professionals are increasingly aware of the need to assess sleep parameters when studying eating behaviours.

This Special Issue welcomes research proposing valid methodological approaches to explore the interplay between sleep parameters, with specific attention being paid to sleep quality and eating behaviour. Furthermore, research regarding chrononutrition will be considered.





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