



*nutrients*



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## Meal Timing and Sleep Quality to Improve Human Health

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Deadline for manuscript  
submissions:

**closed (30 December 2022)**

### Message from the Guest Editor

Dear Colleagues,

Insufficient sleep is associated with a variety of adverse health conditions. The physiological basis for the link between sleep and energy metabolism is the fact that the regulation of both sleep and energy metabolism is affected by mechanical factors such as orexin, leptin, insulin, etc.

Studies have shown that one effect of sleep extension is a reduction in energy intake. Most people obtain all of their rest in one long sleep episode and this extended duration of fasting imposes metabolic consequences. In terms of the selection of oxidized substrate assessed by the time course of RQ during sleep, inter-individual differences become apparent during sleep; this might serve as a window to gain insight into the early-stage pathogenesis of metabolic inflexibility. This highlights the possibility that the timing, quality and quantity of meals affect the diurnal rhythm of energy metabolism, sleep quality, and possibly health outcomes.

This Special Issue invites submissions of manuscripts, either original research or reviews, with an emphasis on describing meal timing and sleep quality and their influence on human health (e.g., energy balance, chronic diseases, etc.).



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