



The Right Time to Sleep, the Right Time to Eat: Chronobiology of Metabolism in Health and Disease

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Message from the Guest Editor

Dear Colleagues,

The burden of chronic metabolic disorders, such as obesity and type 2 diabetes, is continuously rising and affects almost all healthcare systems worldwide. In this context, the involvement of chronobiological rhythms in human energy balance is an exciting area of current research. One relevant factor related to physiological energy homeostasis is the timing of meals and sleep. Current evidence supports an important role for the timing of eating and sleeping in the regulation of body weight and metabolism. Furthermore, the interaction between homeostatic/hedonic control of appetite and feeding, physical activity, and sleeping patterns are of highest interest regarding our understanding of human energy homeostasis.

The Special Issue welcomes original and reviews articles highlighting the role of meal and sleep timing and its metabolic consequences for human health with a particular emphasis on chronobiology.

Prof. Dr. Sebastian Schmid
Guest Editor





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