



nutrients

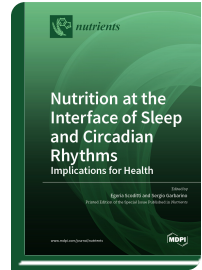


Special Issue Reprint

Nutrition at the Interface of Sleep and Circadian Rhythms: Implications for Health

www.mdpi.com/books/reprint/6956

Edited by
Egeria Scoditti
Sergio Garbarino



ISBN 978-3-0365-6708-2 (Hardback)
ISBN 978-3-0365-6709-9 (PDF)

An integral part of homeostasis includes daily rhythms in physiology, behavior, and metabolism. The circadian timing system enables organisms to adapt their biological functions to the cyclic nature of the Earth. Sleep is a fundamental physiological function, playing a crucial role in physical, mental and emotional health. Alterations of sleep quality and quantity caused by modern lifestyle and behavior as well sleep disorders are associated with an increased risk for chronic diseases. Chronic misalignment of endogenous rhythms can also lead to metabolic dysfunction. Research is starting to demonstrate the complex interrelationship between nutrition, sleep and the circadian system. For example, some foods and nutrients may impact the availability of substances that influence sleep. On the other hand, inadequate sleep is associated with an unhealthy nutrient intake and altered metabolism. Nutrients can act as drivers of circadian rhythms; they have the ability to influence circadian regulation and alter biological functions in specific tissues. A lacuna still exists in the knowledge surrounding the interplay of nutrition with sleep and the circadian system. In light of this, novel opportunities are disclosed for developing tailored nutritional recommendations with beneficial effects on sleep and circadian rhythmicity so as to improve life quality and prevent disease. The purpose of this Special Issue is therefore to collect contributions regarding this interplay and the related clinical implications.



Order Your Print Copy
You can order print copies at
www.mdpi.com/books/reprint/6956

MDPI Books offers quality open access book publishing to promote the exchange of ideas and knowledge in a globalized world. MDPI Books encompasses all the benefits of open access – high availability and visibility, as well as wide and rapid dissemination. With MDPI Books, you can complement the digital version of your work with a high quality printed counterpart.



Open Access

Your scholarly work is accessible worldwide without any restrictions. All authors retain the copyright for their work distributed under the terms of the Creative Commons Attribution License.



Author Focus

Authors and editors profit from MDPI's over two decades of experience in open access publishing, our customized personal support throughout the entire publication process, and competitive processing charges as well as unique contributor discounts on book purchases.



High Quality & Rapid Publication

MDPI ensures a thorough review for all published items and provides a fast publication procedure. State-of-the-art research and time-sensitive topics are released with a minimum amount of delay.



High Visibility

Due to our global network and well-known channel partners, we ensure maximum visibility and broad dissemination. Title information of books is sent to international indexing databases and archives, such as the Directory of Open Access Books (DOAB), and the Verzeichnis Lieferbarer Bücher (VLB).



Print on Demand and Multiple Formats

MDPI Books are available for purchase and to read online at any time. Our print-on-demand service offers a sustainable, cost-effective and fast way to publish MDPI Books printed versions.