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A journal for developing researchers who investigate the impact of lifestyle on the brain, the body and the planet.

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Focus and Scope

This peer-reviewed journal showcases high quality research by up-and-coming researchers in lifestyle science, not limited to, but focusing on the relationships between sleep, diet, exercise, work, health and the environment. We welcome submissions from student and early-career researchers and their mentors.

We will consider the following formats:

- Journal articles
- Short Reports
- Review Articles
- Case Studies
- Calls to Arms
- Letters to the Editor

We are also very happy to publish PhD thesis abstracts with short student biographies - we want to let the field know about our colleagues transitioning into post-study roles.

Publication in and subscription to this journal is free. We only ask that you (a) become inspired; and (b) cite the papers in this journal. Every citation contributes to the CV of an early researcher in our field!

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A Word from the Editor

Welcome to Volume 1 of Eat Sleep Work.

Every year, there are thousands of pieces of work from students that get assessed and graded, and then sit gathering dust on professor’s bookshelves, or in assignment archives. However, in these pieces of work, are the ideas of our next generation of researchers.

Students may have difficulty getting their work accepted by the larger journals, despite it providing important new knowledge. This work may fall under the following categories:

1. The study was small or unfunded, but the work was conducted well and is presented and discussed well;
2. The study was of high quality, but the student has not yet developed the skills to present and discuss it well;
3. The research was conducted, presented and discussed well, but the findings are purely a demonstration of replication of previous work, or they are incremental; or
4. The research did not yield findings of high interest to the scientific community in general, but the lessons in terms of the way the research was conducted would be considered highly relevant to developing researchers.

This restricts opportunities for emerging researchers to publish, and importantly, to be engaged in the publication process as reviewers. The best way to learn how to write well is to practice and to review.

Eat, Sleep, Work is a brand new, peer-reviewed journal which aims to provide training opportunities in publishing for up-and-coming researchers and to showcase their high quality research in lifestyle science. The scope of the journal includes, but is not limited to, work that explores the relationships between sleep, diet, exercise, work, health and the environment. We welcome submissions from student and early-career researchers and their mentors. We are also interested in publishing PhD thesis abstracts.
Manuscript Style

Manuscripts should be presented in the following sections; (a) title page, (b) abstract and key words, (c) introduction, (d) method, (e) results, (f) discussion, (g) acknowledgments, (h) references, (i) figure legends, (j) tables. Figures should be submitted separately, each in a separate file.

Presentation style should follow American Psychological Association (6th edition) guidelines. However, the journal uses Australian spelling.

TITLE PAGE - The title page should contain the title of the paper, the full names of the authors and the addresses of the institutions at which the work was carried out. The corresponding author must be indicated and full postal and email address, plus facsimile and telephone numbers, must be provided. The title should include the major keywords, without being too long. A short running title (less than 40 characters) should be provided.

ABSTRACT and KEYWORDS - All articles must have a brief abstract (maximum 250 words). Five key words (for the purposes of indexing) should be provided following the abstract.

ACKNOWLEDGEMENTS - Funding sources and contributions of colleagues who are not named authors should be included.

REFERENCES - Referencing must be according to Vancouver style.

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FIGURES – Figures should be in black and white or grayscale. Colour figures will be accepted, but keep in mind that readers are likely to print your article in black and white. All figures should have a legend which explains all aspects of the figure to the reader. Figures should be consecutively numbered using Arabic numerals and referred to in the text, e.g. (Figure 1). Figures can be submitted as word, powerpoint, pdf, jpg, png or gif files.
Manuscript Type

Journal Articles should present original research and should be no longer than 6,000 words.

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Case Studies should be between 750 and 1500 words with a maximum of two tables and two figures.

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- The text is single-spaced; uses a 12-point font; employs italics, rather than underlining (except with URL addresses).
- The text adheres to the stylistic and bibliographic requirements outlined in the Author Guidelines.

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December Volume December 1st
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*Please contact us for details of supplementary volumes and advertising opportunities

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