





Reply

Reply to Erren et al. Chronodisruption: Origin, Roots, and Developments of an 18-Year-Old Concept. Comment on “Desmet et al. Time-Restricted Feeding in Mice Prevents the Disruption of the Peripheral Circadian Clocks and Its Metabolic Impact during Chronic Jetlag. *Nutrients* 2021, 13, 3846”

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We would like to thank Erren et al. for their interest in and comments on our recent paper “Time-Restricted Feeding in Mice Prevents the Disruption of the Peripheral Circadian Clocks and Its Metabolic Impact during Chronic Jetlag” [1].

Erren et al. have commented that we provided a literature reference for the definition of chronodisruptors, but not for the definition of chronodisruption itself [2]. We agree with the authors that it is useful to add a reference concerning the origin of the definition of chronodisruption [3] in order to help scientists to learn about, challenge, falsify, or expand the increasingly used concept of chronodisruption.

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2. Erren, T.C.; Piekarski, C.; Reiter, R.J. Chronodisruption: Origin, Roots, and Developments of an 18-Year-Old Concept. Comment on Desmet et al. Time-Restricted Feeding in Mice Prevents the Disruption of the Peripheral Circadian Clocks and Its Metabolic Impact during Chronic Jetlag. *Nutrients* 2021, 13, 3846. *Nutrients* 2022, 14, 315. [[CrossRef](#)]
3. Erren, T.C.; Reiter, R.J. Light, timing of biological rhythms, and chronodisruption in man. *Naturwissenschaften* 2003, 90, 485–494. [[CrossRef](#)] [[PubMed](#)]