

# Michael Perlis

## List of Publications by Year in descending order

Source: <https://exaly.com/author-pdf/10452612/publications.pdf>

Version: 2024-02-01

25  
papers

2,652  
citations

567281  
15  
h-index

752698  
20  
g-index

46  
all docs

46  
docs citations

46  
times ranked

3036  
citing authors

#	ARTICLE	IF	CITATIONS
1	The hyperarousal model of insomnia: A review of the concept and its evidence. <i>Sleep Medicine Reviews</i> , 2010, 14, 19-31.	8.5	1,265
2	Comparative effectiveness of cognitive behavioral therapy for insomnia: a systematic review. <i>BMC Family Practice</i> , 2012, 13, 40.	2.9	426
3	A systematic review and meta-analysis of randomized controlled trials of cognitive behavior therapy for insomnia (CBT-I) in cancer survivors. <i>Sleep Medicine Reviews</i> , 2016, 27, 20-28.	8.5	250
4	Does REM sleep contribute to subjective wake time in primary insomnia? A comparison of polysomnographic and subjective sleep in 100 patients. <i>Journal of Sleep Research</i> , 2008, 17, 180-190.	3.2	168
5	Sleeping well with cancer: a systematic review of cognitive behavioral therapy for insomnia in cancer patients. <i>Neuropsychiatric Disease and Treatment</i> , 2014, 10, 1113.	2.2	161
6	Models of Insomnia. , 2011, , 850-865.		65
7	Tiagabine Increases Slow-Wave Sleep in a Dose-Dependent Fashion Without Affecting Traditional Efficacy Measures in Adults With Primary Insomnia. <i>Journal of Clinical Sleep Medicine</i> , 2006, 02, 35-41.	2.6	50
8	Longitudinal Study of Insomnia Symptoms Among Women During Perimenopause. <i>JOGNN - Journal of Obstetric, Gynecologic, and Neonatal Nursing</i> , 2017, 46, 804-813.	0.5	39
9	Durability of treatment response to zolpidem with three different maintenance regimens: a preliminary study. <i>Sleep Medicine</i> , 2015, 16, 1160-1168.	1.6	36
10	Characterizing Behavioral Activity Rhythms in Older Adults Using Actigraphy. <i>Sensors</i> , 2020, 20, 549.	3.8	29
11	Open-Loop Neurofeedback Audiovisual Stimulation: A Pilot Study of Its Potential for Sleep Induction in Older Adults. <i>Applied Psychophysiology Biofeedback</i> , 2015, 40, 183-188.	1.7	23
12	Intermittent and Long-Term Use of Sedative Hypnotics. <i>Current Pharmaceutical Design</i> , 2008, 14, 3456-3465.	1.9	21
13	A Pilot Study of Audio-Visual Stimulation as a Self-Care Treatment for Insomnia in Adults with Insomnia and Chronic Pain. <i>Applied Psychophysiology Biofeedback</i> , 2014, 39, 219-225.	1.7	21
14	Examining social capital in relation to sleep duration, insomnia, and daytime sleepiness. <i>Sleep Medicine</i> , 2019, 60, 165-172.	1.6	21
15	Insomnia disorder: clinical and research challenges for the 21st century. <i>European Journal of Neurology</i> , 2021, 28, 2156-2167.	3.3	20
16	Neurobiologic Mechanisms in Chronic Insomnia. <i>Sleep Medicine Clinics</i> , 2009, 4, 549-558.	2.6	18
17	Stress Reactivity in Insomnia. <i>Behavioral Sleep Medicine</i> , 2016, 14, 23-33.	2.1	14
18	Does total sleep time substantially increase after cognitive behavioral therapy for insomnia?. <i>Journal of Clinical Sleep Medicine</i> , 2022, 18, 1823-1829.	2.6	11

#	ARTICLE	IF	CITATIONS
19	The Natural History of Insomnia: What We Know, Don't Know, and Need to Know. Sleep Medicine Research, 2011, 2, 79-88.	0.6	7
20	What makes people want to make changes to their sleep? Assessment of perceived risks of insufficient sleep as a predictor of intent to improve sleep. Sleep Health, 2021, 7, 98-104.	2.5	4
21	Major Depressive Disorder (MDD) is associated with a primary defect within the serotonergic system. Sleep Medicine Reviews, 2002, 6, 353-7; discussion 359.	8.5	3
22	0188 What Makes People Want to Make Changes to Their Sleep? Assessment of Perceived Risks of Insufficient Sleep as a Predictor of Intent to Improve Sleep. Sleep, 2019, 42, A77-A77.	1.1	0
23	Sleep EEG in Patients with Primary Insomnia. Medical Psychiatry, 2010, , 50-64.	0.2	0
24	0205 Sleep Need: More Influential on Health and Daytime Function than Sleep Duration?. Sleep, 2022, 45, A94-A94.	1.1	0
25	0427 Having Insomnia vs. Identifying as an "Insomniac": What is the role of insomnia severity?. Sleep, 2022, 45, A190-A190.	1.1	0