

Ari Shechter

List of Publications by Year in descending order

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Version: 2024-02-01

65
papers

2,621
citations

279798

23
h-index

197818

49
g-index

65
all docs

65
docs citations

65
times ranked

3901
citing authors

#	ARTICLE	IF	CITATIONS
1	Psychological distress, coping behaviors, and preferences for support among New York healthcare workers during the COVID-19 pandemic. <i>General Hospital Psychiatry</i> , 2020, 66, 1-8.	2.4	708
2	Sleep, Hormones, and Circadian Rhythms throughout the Menstrual Cycle in Healthy Women and Women with Premenstrual Dysphoric Disorder. <i>International Journal of Endocrinology</i> , 2010, 2010, 1-17.	1.5	232
3	Sleep restriction increases the neuronal response to unhealthy food in normal-weight individuals. <i>International Journal of Obesity</i> , 2014, 38, 411-416.	3.4	176
4	Fiber and Saturated Fat Are Associated with Sleep Arousals and Slow Wave Sleep. <i>Journal of Clinical Sleep Medicine</i> , 2016, 12, 19-24.	2.6	153
5	Blocking nocturnal blue light for insomnia: A randomized controlled trial. <i>Journal of Psychiatric Research</i> , 2018, 96, 196-202.	3.1	141
6	Circadian Variation of Sleep During the Follicular and Luteal Phases of the Menstrual Cycle. <i>Sleep</i> , 2010, 33, 647-656.	1.1	96
7	Alterations in sleep architecture in response to experimental sleep curtailment are associated with signs of positive energy balance. <i>American Journal of Physiology - Regulatory Integrative and Comparative Physiology</i> , 2012, 303, R883-R889.	1.8	78
8	Experimental sleep curtailment causes wake-dependent increases in 24-h energy expenditure as measured by whole-room indirect calorimetry. <i>American Journal of Clinical Nutrition</i> , 2013, 98, 1433-1439.	4.7	70
9	U.S. Children Meeting Physical Activity, Screen Time, and Sleep Guidelines. <i>American Journal of Preventive Medicine</i> , 2020, 59, 513-521.	3.0	68
10	Sleep Duration and Blood Pressure: Recent Advances and Future Directions. <i>Current Hypertension Reports</i> , 2019, 21, 33.	3.5	56
11	Sleep disturbances, body fat distribution, food intake and/or energy expenditure: pathophysiological aspects. <i>Hormone Molecular Biology and Clinical Investigation</i> , 2014, 17, 29-37.	0.7	54
12	Obstructive sleep apnea and energy balance regulation: A systematic review. <i>Sleep Medicine Reviews</i> , 2017, 34, 59-69.	8.5	54
13	Delayed sleep timing is associated with low levels of free-living physical activity in normal sleeping adults. <i>Sleep Medicine</i> , 2014, 15, 1586-1589.	1.6	53
14	Diurnal and circadian variation of sleep and alertness in men vs. naturally cycling women. <i>Proceedings of the National Academy of Sciences of the United States of America</i> , 2016, 113, 10980-10985.	7.1	53
15	Nocturnal polysomnographic sleep across the menstrual cycle in premenstrual dysphoric disorder. <i>Sleep Medicine</i> , 2012, 13, 1071-1078.	1.6	49
16	The Role of Sleep in the Control of Food Intake. <i>American Journal of Lifestyle Medicine</i> , 2014, 8, 371-374.	1.9	44
17	Fasting plasma adropin concentrations correlate with fat consumption in human females. <i>Obesity</i> , 2014, 22, 1056-1063.	3.0	36
18	Impact of Shift Work on the Circadian Timing System and Health in Women. <i>Sleep Medicine Clinics</i> , 2018, 13, 295-306.	2.6	34

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19	Effects of continuous positive airway pressure on energy balance regulation: a systematic review. <i>European Respiratory Journal</i> , 2016, 48, 1640-1657.	6.7	31
20	Pilot Investigation of the Circadian Plasma Melatonin Rhythm across the Menstrual Cycle in a Small Group of Women with Premenstrual Dysphoric Disorder. <i>PLoS ONE</i> , 2012, 7, e51929.	2.5	30
21	Predominance of Distal Skin Temperature Changes at Sleep Onset across Menstrual and Circadian Phases. <i>Journal of Biological Rhythms</i> , 2011, 26, 260-270.	2.6	29
22	Gutâ€‘brain nutrient sensing in food reward. <i>Appetite</i> , 2018, 122, 32-35.	3.7	28
23	Interventions to reduce short-wavelength (â€œblueâ€‘) light exposure at night and their effects on sleep: A systematic review and meta-analysis. <i>SLEEP Advances</i> , 2020, 1, .	0.2	26
24	The association between sleep and psychological distress among New York City healthcare workers during the COVID-19 pandemic. <i>Journal of Affective Disorders</i> , 2022, 298, 618-624.	4.1	26
25	Effects of a lifestyle intervention on <sc>REM</sc> sleepâ€‘related <sc>OSA</sc> severity in obese individuals with type 2 diabetes. <i>Journal of Sleep Research</i> , 2017, 26, 747-755.	3.2	24
26	Postprandial thermogenesis and substrate oxidation are unaffected by sleep restriction. <i>International Journal of Obesity</i> , 2014, 38, 1153-1158.	3.4	22
27	Circadian Rhythms and Shift Working Women. <i>Sleep Medicine Clinics</i> , 2008, 3, 13-24.	2.6	19
28	Objective Food Intake in Night and Day Shift Workers: A Laboratory Study. <i>Clocks & Sleep</i> , 2018, 1, 42-49.	2.0	19
29	Sleep and circadian rhythms: pillars of healthâ€‘a Keystone Symposia report. <i>Annals of the New York Academy of Sciences</i> , 2021, 1506, 18-34.	3.8	18
30	Sleep Architecture Following a Weight Loss Intervention in Overweight and Obese Patients with Obstructive Sleep Apnea and Type 2 Diabetes: Relationship to Apnea-Hypopnea Index. <i>Journal of Clinical Sleep Medicine</i> , 2014, 10, 1205-1211.	2.6	15
31	A sipometer for measuring motivation to consume and reward value of foods and beverages in humans: Description and proof of principle. <i>Physiology and Behavior</i> , 2017, 171, 216-227.	2.1	15
32	Factors Associated with Insomnia Symptoms in a Longitudinal Study among New York City Healthcare Workers during the COVID-19 Pandemic. <i>International Journal of Environmental Research and Public Health</i> , 2021, 18, 8970.	2.6	14
33	Free-Living Sleep, Food Intake, and Physical Activity in Night and Morning Shift Workers. <i>Journal of the American College of Nutrition</i> , 2020, 39, 450-456.	1.8	12
34	Pilot study of sleep and meal timing effects, independent of sleep duration and food intake, on insulin sensitivity in healthy individuals. <i>Sleep Health</i> , 2018, 4, 33-39.	2.5	11
35	Relationship between Sleep and Hedonic Appetite in Shift Workers. <i>Nutrients</i> , 2020, 12, 2835.	4.1	11
36	Sleep Restriction in Adolescents: Forging the Path Towards Obesity and Diabetes?. <i>Sleep</i> , 2013, 36, 813-814.	1.1	10

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37	Posttraumatic Stress Disorder and Electronically Measured Medication Adherence After Suspected Acute Coronary Syndromes. <i>Circulation</i> , 2020, 142, 817-819.	1.6	10
38	Prevalence, Incidence, and Factors Associated with Posttraumatic Stress at Three-Month Follow-Up among New York City Healthcare Workers after the First Wave of the COVID-19 Pandemic. <i>International Journal of Environmental Research and Public Health</i> , 2022, 19, 262.	2.6	10
39	Objective short sleep duration and 24-hour blood pressure. <i>International Journal of Cardiology: Hypertension</i> , 2020, 7, 100062.	2.2	9
40	Effects of Continuous Positive Airway Pressure on Body Composition in Individuals with Obstructive Sleep Apnea: A Non-Randomized, Matched Before-After Study. <i>Journal of Clinical Medicine</i> , 2019, 8, 1195.	2.4	8
41	Preoperative liking and wanting for sweet beverages as predictors of body weight loss after Roux-en-Y gastric bypass and sleeve gastrectomy. <i>International Journal of Obesity</i> , 2020, 44, 1350-1359.	3.4	8
42	Short Sleep Duration After Hospital Evaluation for Acute Coronary Syndrome Is Associated With Increased Risk of 6-Month Readmission. <i>Psychosomatic Medicine</i> , 2020, 82, 57-63.	2.0	8
43	Reliability and responsiveness of virtual portion size creation tasks: Influences of context, foods, and a bariatric surgical procedure. <i>Physiology and Behavior</i> , 2020, 223, 113001.	2.1	8
44	Effects of exogenous melatonin on sleep and circadian rhythms in women with premenstrual dysphoric disorder. <i>Sleep</i> , 2021, 44, .	1.1	8
45	Effects of CPAP on energy expenditure in obese obstructive sleep apnoea patients: A pilot study. <i>Obesity Research and Clinical Practice</i> , 2015, 9, 618-621.	1.8	5
46	Neuropsychological Function Response to Nocturnal Blue Light Blockage in Individuals With Symptoms of Insomnia: A Pilot Randomized Controlled Study. <i>Journal of the International Neuropsychological Society</i> , 2019, 25, 668-677.	1.8	5
47	Digital phenotyping of sleep patterns among heterogenous samples of Latinx adults using unsupervised learning. <i>Sleep Medicine</i> , 2021, 85, 211-220.	1.6	5
48	The association between race- and ethnicity-related stressors and sleep: the role of rumination and anxiety sensitivity. <i>Sleep</i> , 2022, 45, .	1.1	5
49	A behavioral intervention for insomnia improves blood pressure. <i>Sleep Medicine</i> , 2017, 37, 225.	1.6	4
50	A research blueprint for keeping our healthcare workers healthy in the age of pandemics and the crises to come. <i>General Hospital Psychiatry</i> , 2021, 68, 35-37.	2.4	4
51	Effects of continuous positive airway pressure on energy intake in obstructive sleep apnea: A pilot sham-controlled study. <i>Physiology and Behavior</i> , 2016, 167, 399-403.	2.1	2
52	A within-subject comparison of the effect of two putative sham light therapies on mood and fatigue in cancer survivors: Results from a series of N-of-1 trials. <i>Psychiatry Research</i> , 2019, 279, 385-386.	3.3	2
53	0144 Identification of sleep factors related to blood pressure in emergency medicine healthcare workers. <i>Sleep</i> , 2022, 45, A64-A66.	1.1	2
54	0292 Objective Short Sleep Duration is Associated with Increased 24-Hour Ambulatory Blood Pressure. <i>Sleep</i> , 2019, 42, A119-A120.	1.1	1

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55	691 Associations of Sleep Quality and Burnout in Clinicians during the COVID-19 Pandemic. <i>Sleep</i> , 2021, 44, A270-A270.	1.1	1
56	0560 Rest-Activity Rhythms are Associated with Prevalent Cardiovascular Disease, Hypertension, Obesity, and Central Adiposity in a Nationally Representative Sample of US Adults. <i>Sleep</i> , 2022, 45, A247-A247.	1.1	1
57	Reply to N Herzog et al. <i>American Journal of Clinical Nutrition</i> , 2012, 95, 531-532.	4.7	0
58	0931 Post-Stroke Sleep Duration And Quality Are Associated With Depression. <i>Sleep</i> , 2019, 42, A374-A375.	1.1	0
59	The Prospective Association of Patient Hospitalization with Spouse Depressive Symptoms and Self-Reported Health. <i>Behavioral Medicine</i> , 2021, , 1-12.	1.9	0
60	233 COVID-19 Related Worries and Sleep Disturbances in Patients Previously Hospitalized with COVID-19 Illness. <i>Sleep</i> , 2021, 44, A93-A93.	1.1	0
61	650 The Association between Sleep and Psychological Distress among New York Healthcare Workers During the COVID-19 Pandemic. <i>Sleep</i> , 2021, 44, A254-A255.	1.1	0
62	738 Effects of exogenous melatonin on sleep, circadian rhythms, and mood in women with premenstrual dysphoric disorder. <i>Sleep</i> , 2021, 44, A288-A288.	1.1	0
63	Sleep-Focused Interventions: Investigating the Effects of Sleep Restriction on Energy Balance. , 2014, , 205-235.		0
64	Elucidating the Relationship Between Insomnia, Sex, and Cardiovascular Disease. , 2020, 4, 247028972098001.	0.8	0
65	0653 Poor sleep quality is associated with burnout in emergency medicine healthcare workers. <i>Sleep</i> , 2022, 45, A287-A287.	1.1	0