

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	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
2	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
3	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
4	0144 Identification of sleep factors related to blood pressure in emergency medicine healthcare workers. <i>Sleep</i> , 2022, 45, A64-A66.	1.1	2
5	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
6	0653 Poor sleep quality is associated with burnout in emergency medicine healthcare workers. <i>Sleep</i> , 2022, 45, A287-A287.	1.1	0
7	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
8	The Prospective Association of Patient Hospitalization with Spouse Depressive Symptoms and Self-Reported Health. <i>Behavioral Medicine</i> , 2021, , 1-12.	1.9	0
9	691 Associations of Sleep Quality and Burnout in Clinicians during the COVID-19 Pandemic. <i>Sleep</i> , 2021, 44, A270-A270.	1.1	1
10	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
11	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
12	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
13	Effects of exogenous melatonin on sleep and circadian rhythms in women with premenstrual dysphoric disorder. <i>Sleep</i> , 2021, 44, .	1.1	8
14	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
15	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
16	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
17	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
18	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

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19	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
20	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
21	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
22	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
23	Relationship between Sleep and Hedonic Appetite in Shift Workers. <i>Nutrients</i> , 2020, 12, 2835.	4.1	11
24	Posttraumatic Stress Disorder and Electronically Measured Medication Adherence After Suspected Acute Coronary Syndromes. <i>Circulation</i> , 2020, 142, 817-819.	1.6	10
25	Objective short sleep duration and 24-hour blood pressure. <i>International Journal of Cardiology: Hypertension</i> , 2020, 7, 100062.	2.2	9
26	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
27	Elucidating the Relationship Between Insomnia, Sex, and Cardiovascular Disease. , 2020, 4, 247028972098001.	0.8	0
28	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
29	0292 Objective Short Sleep Duration is Associated with Increased 24-Hour Ambulatory Blood Pressure. <i>Sleep</i> , 2019, 42, A119-A120.	1.1	1
30	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
31	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
32	Sleep Duration and Blood Pressure: Recent Advances and Future Directions. <i>Current Hypertension Reports</i> , 2019, 21, 33.	3.5	56
33	0931 Post-Stroke Sleep Duration And Quality Are Associated With Depression. <i>Sleep</i> , 2019, 42, A374-A375.	1.1	0
34	Gutâ€brain nutrient sensing in food reward. <i>Appetite</i> , 2018, 122, 32-35.	3.7	28
35	Blocking nocturnal blue light for insomnia: A randomized controlled trial. <i>Journal of Psychiatric Research</i> , 2018, 96, 196-202.	3.1	141
36	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

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37	Objective Food Intake in Night and Day Shift Workers: A Laboratory Study. <i>Clocks & Sleep</i> , 2018, 1, 42-49.	2.0	19
38	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
39	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
40	Effects of a lifestyle intervention on <sc>REM</sc> sleep-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
41	A behavioral intervention for insomnia improves blood pressure. <i>Sleep Medicine</i> , 2017, 37, 225.	1.6	4
42	Obstructive sleep apnea and energy balance regulation: A systematic review. <i>Sleep Medicine Reviews</i> , 2017, 34, 59-69.	8.5	54
43	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
44	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
45	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
46	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
47	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
48	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
49	The Role of Sleep in the Control of Food Intake. <i>American Journal of Lifestyle Medicine</i> , 2014, 8, 371-374.	1.9	44
50	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
51	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
52	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
53	Postprandial thermogenesis and substrate oxidation are unaffected by sleep restriction. <i>International Journal of Obesity</i> , 2014, 38, 1153-1158.	3.4	22
54	Fasting plasma adipon concentrations correlate with fat consumption in human females. <i>Obesity</i> , 2014, 22, 1056-1063.	3.0	36

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55	Sleep-Focused Interventions: Investigating the Effects of Sleep Restriction on Energy Balance. , 2014, , 205-235.		0
56	Experimental sleep curtailment causes wake-dependent increases in 24-h energy expenditure as measured by whole-room indirect calorimetry. American Journal of Clinical Nutrition, 2013, 98, 1433-1439.	4.7	70
57	Sleep Restriction in Adolescents: Forging the Path Towards Obesity and Diabetes?. Sleep, 2013, 36, 813-814.	1.1	10
58	Alterations in sleep architecture in response to experimental sleep curtailment are associated with signs of positive energy balance. American Journal of Physiology - Regulatory Integrative and Comparative Physiology, 2012, 303, R883-R889.	1.8	78
59	Reply to N Herzog et al. American Journal of Clinical Nutrition, 2012, 95, 531-532.	4.7	0
60	Nocturnal polysomnographic sleep across the menstrual cycle in premenstrual dysphoric disorder. Sleep Medicine, 2012, 13, 1071-1078.	1.6	49
61	Pilot Investigation of the Circadian Plasma Melatonin Rhythm across the Menstrual Cycle in a Small Group of Women with Premenstrual Dysphoric Disorder. PLoS ONE, 2012, 7, e51929.	2.5	30
62	Predominance of Distal Skin Temperature Changes at Sleep Onset across Menstrual and Circadian Phases. Journal of Biological Rhythms, 2011, 26, 260-270.	2.6	29
63	Circadian Variation of Sleep During the Follicular and Luteal Phases of the Menstrual Cycle. Sleep, 2010, 33, 647-656.	1.1	96
64	Sleep, Hormones, and Circadian Rhythms throughout the Menstrual Cycle in Healthy Women and Women with Premenstrual Dysphoric Disorder. International Journal of Endocrinology, 2010, 2010, 1-17.	1.5	232
65	Circadian Rhythms and Shift Working Women. Sleep Medicine Clinics, 2008, 3, 13-24.	2.6	19