## Nicole Lovato

List of Publications by Year in descending order

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#	Article	lF	CITATIONS
1	A meta-analysis and model of the relationship between sleep and depression in adolescents: Recommendations for future research and clinical practice. Sleep Medicine Reviews, 2014, 18, 521-529.	8.5	407
2	The effects of napping on cognitive functioning. Progress in Brain Research, 2010, 185, 155-166.	1.4	148
3	The impact of prolonged violent videoâ€gaming on adolescent sleep: an experimental study. Journal of Sleep Research, 2013, 22, 137-143.	3.2	126
4	The Effect of Presleep Video-Game Playing on Adolescent Sleep. Journal of Clinical Sleep Medicine, 2010, 06, 184-189.	2.6	115
5	Chronotype differences in circadian rhythms of temperature, melatonin, and sleepiness as measured in a modified constant routine protocol. Nature and Science of Sleep, 2009, 1, 1.	2.7	108
6	Does one hour of bright or short-wavelength filtered tablet screenlight have a meaningful effect on adolescents' pre-bedtime alertness, sleep, and daytime functioning?. Chronobiology International, 2014, 31, 496-505.	2.0	96
7	Efficacy of melatonin with behavioural sleep-wake scheduling for delayed sleep-wake phase disorder: A double-blind, randomised clinical trial. PLoS Medicine, 2018, 15, e1002587.	8.4	92
8	Evaluation of a Brief Treatment Program of Cognitive Behavior Therapy for Insomnia in Older Adults. Sleep, 2014, 37, 117-126.	1.1	86
9	A systematic review of the accuracy of sleep wearable devices for estimating sleep onset. Sleep Medicine Reviews, 2020, 49, 101227.	8.5	82
10	Insomnia and mortality: A meta-analysis. Sleep Medicine Reviews, 2019, 43, 71-83.	8.5	72
11	Delayed Sleep Phase Disorder in an Australian School-Based Sample of Adolescents. Journal of Clinical Sleep Medicine, 2013, 09, 939-944.	2.6	69
12	Prevalence of Circadian Misalignment and Its Association With Depressive Symptoms in Delayed Sleep Phase Disorder. Sleep, 2017, 40, .	1.1	69
13	The etiology of delayed sleep phase disorder. Sleep Medicine Reviews, 2016, 27, 29-38.	8.5	63
14	The endogenous circadian temperature period length (tau) in delayed sleep phase disorder compared to good sleepers. Journal of Sleep Research, 2013, 22, 617-624.	3.2	62
15	Trying to fall asleep while catastrophising: what sleep-disordered adolescents think and feel. Sleep Medicine, 2014, 15, 96-103.	1.6	58
16	Assessing cognitive processes related to insomnia: A review and measurement guide for Harvey's cognitive model for the maintenance of insomnia. Sleep Medicine Reviews, 2015, 23, 46-53.	8.5	56
17	Nocturnal Melatonin Profiles in Patients with Delayed Sleep-Wake Phase Disorder and Control Sleepers. Journal of Biological Rhythms, 2015, 30, 437-448.	2.6	54
18	Circadian Melatonin and Temperature <i>Taus</i> in Delayed Sleep-wake Phase Disorder and Non-24-hour Sleep-wake Rhythm Disorder Patients. Journal of Biological Rhythms, 2016, 31, 387-405.	2.6	50

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19	The relationship between subjective and objective sleepiness and performance during a simulated night-shift with a nap countermeasure. Applied Ergonomics, 2010, 42, 52-61.	3.1	48
20	Economic evaluation of cognitive behavioural therapy for insomnia (CBT-I) for improving health outcomes in adult populations: A systematic review. Sleep Medicine Reviews, 2020, 54, 101351.	8.5	47
21	Comparing and contrasting therapeutic effects of cognitive - behavior therapy for older adults suffering from insomnia with short and long objective sleep duration. Sleep Medicine, 2016, 22, 4-12.	1.6	46
22	Myopia, or near-sightedness, is associated with delayed melatonin circadian timing and lower melatonin output in young adult humans. Sleep, 2021, 44, .	1.1	35
23	Sleep regularity is associated with sleep-wake and circadian timing, and mediates daytime function in Delayed Sleep-Wake Phase Disorder. Sleep Medicine, 2019, 58, 93-101.	1.6	34
24	The Napping Behaviour of Australian University Students. PLoS ONE, 2014, 9, e113666.	2.5	29
25	A Review of the Potential Impacts of Wind Farm Noise on Sleep. Acoustics Australia, 2018, 46, 87-97.	2.4	28
26	The effects of a 30-min nap during night shift following a prophylactic sleep in the afternoon. Sleep and Biological Rhythms, 2009, 7, 34-42.	1.0	27
27	The effect of cognitive behavioural therapy for insomnia on sedative-hypnotic use: A narrative review. Sleep Medicine Reviews, 2021, 56, 101404.	8.5	27
28	Working memory performance of older adults with insomnia. Journal of Sleep Research, 2013, 22, 251-257.	3.2	25
29	A pilot study of a novel smartphone application for the estimation of sleep onset. Journal of Sleep Research, 2018, 27, 90-97.	3.2	24
30	Primary care management of chronic insomnia: a qualitative analysis of the attitudes and experiences of Australian general practitioners. BMC Family Practice, 2021, 22, 158.	2.9	23
31	Do symptoms of depression, anxiety or stress impair the effectiveness of cognitive behavioural therapy for insomnia? A chart-review of 455 patients with chronic insomnia. Sleep Medicine, 2020, 75, 401-410.	1.6	22
32	Personality differences in patients with delayed sleep–wake phase disorder and non-24-h sleep–wake rhythm disorder relative to healthy sleepers. Sleep Medicine, 2017, 30, 128-135.	1.6	21
33	Circadian phase delay using the newly developed re-timer portable light device. Sleep and Biological Rhythms, 2016, 14, 157-164.	1.0	20
34	An investigation of the longitudinal relationship between sleep and depressed mood in developing teens. Nature and Science of Sleep, 2017, Volume 9, 3-10.	2.7	20
35	A systematic review and metaâ€analysis of wind turbine noise effects on sleep using validated objective and subjective sleep assessments. Journal of Sleep Research, 2021, 30, e13228.	3.2	20
36	Can the circadian phase be estimated from self-reported sleep timing in patients with Delayed Sleep Wake Phase Disorder to guide timing of chronobiologic treatment?. Chronobiology International, 2016, 33, 1376-1390.	2.0	18

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37	The relationship between a night's sleep and subsequent daytime functioning in older poor and good sleepers. Journal of Sleep Research, 2015, 24, 40-46.	3.2	14
38	The roles of repetitive negative thinking and perfectionism in explaining the relationship between sleep onset difficulties and depressed mood in adolescents. Sleep Health, 2020, 6, 166-171.	2.5	14
39	Circadian tau differences and rhythm associations in delayed sleep–wake phase disorder and sighted non-24-hour sleep–wake rhythm disorder. Sleep, 2021, 44, .	1.1	13
40	Sleep misestimation among older adults suffering from insomnia with short and normal objective sleep duration and the effects of cognitive behavior therapy. Sleep, 2021, 44, .	1.1	13
41	The Development and Accuracy of the THIM Wearable Device for Estimating Sleep and Wakefulness. Nature and Science of Sleep, 2021, Volume 13, 39-53.	2.7	13
42	Predictors of improvement in subjective sleep quality reported by older adults following group-based cognitive behavior therapy for sleep maintenance and early morning awakening insomnia. Sleep Medicine, 2013, 14, 888-893.	1.6	12
43	Coâ€occurring depression and insomnia in Australian primary care: recent scientific evidence. Medical Journal of Australia, 2021, 215, 230-236.	1.7	11
44	Circadian rhythms and insomnia. Sleep and Biological Rhythms, 2017, 15, 3-10.	1.0	9
45	Evaluation of a portable light device for phase advancing the circadian rhythm in the home environment. Sleep and Biological Rhythms, 2018, 16, 405-411.	1.0	9
46	The efficacy of biofeedback for the treatment of insomnia: a critical review. Sleep Medicine, 2019, 56, 192-200.	1.6	9
47	Insomnia subtypes characterised by objective sleep duration and NREM spectral power and the effect of acute sleep restriction: an exploratory analysis. Scientific Reports, 2021, 11, 24331.	3.3	9
48	Intensive Sleep Re-Training: From Bench to Bedside. Brain Sciences, 2017, 7, 33.	2.3	8
49	Intensive Sleep Retraining Treatment of Insomnia. Sleep Medicine Clinics, 2019, 14, 245-252.	2.6	8
50	A step-by-step model for a brief behavioural treatment for insomnia in Australian general practice. Australian Journal of General Practice, 2021, 50, 287-293.	0.8	8
51	Implementation of a digital cognitive behavioral therapy for insomnia pathway in primary care. Contemporary Clinical Trials, 2021, 107, 106484.	1.8	8
52	Correspondence between physiological and behavioural responses to vibratory stimuli during the sleep onset period: A quantitative electroencephalography analysis. Journal of Sleep Research, 2021, 30, e13232.	3.2	7
53	The Role of Bright Light Therapy in Managing Insomnia. Sleep Medicine Clinics, 2013, 8, 351-359.	2.6	6
54	A PERIOD3 variable number tandem repeat polymorphism modulates melatonin treatment response in delayed sleepâ€wake phase disorder. Journal of Pineal Research, 2020, 69, e12684.	7.4	6

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55	The Sleep Impact on Activity Diary (SIAD): A Novel Assessment of Daytime Functioning in Insomnia. Brain Sciences, 2021, 11, 219.	2.3	6
56	Light-based methods for predicting circadian phase in delayed sleep–wake phase disorder. Scientific Reports, 2021, 11, 10878.	3.3	6
57	Sleep Disturbance and Disorders within Adult Inpatient Rehabilitation Settings: A Systematic Review to Identify Both the Prevalence of Disorders and the Efficacy of Existing Interventions. Journal of the American Medical Directors Association, 2020, 21, 1824-1832.e2.	2.5	5
58	Tired and lack focus? Insomnia increases distractibility. Journal of Health Psychology, 2021, 26, 795-804.	2.3	5
59	A Preliminary Assessment of the Reliability and Validity of a Computerized Working Memory Task. Perceptual and Motor Skills, 2013, 116, 368-381.	1.3	4
60	The accuracy of the THIM wearable device for estimating sleep onset latency. Journal of Clinical Sleep Medicine, 2021, 17, 973-981.	2.6	4
61	Comorbidities and quality of life in Australian men and women with diagnosed and undiagnosed high-risk obstructive sleep apnea. Journal of Clinical Sleep Medicine, 2022, 18, 1757-1767.	2.6	4
62	The effect of wind turbine noise on polysomnographically measured and self-reported sleep latency in wind turbine noise naÃ <sup>-</sup> ve participants. Sleep, 2022, 45, .	1.1	4
63	The management of insomnia by Australian psychologists: a qualitative study. Australian Psychologist, 2022, 57, 290-300.	1.6	4
64	Author's response to Letter to the Editor. Applied Ergonomics, 2012, 43, 267.	3.1	1
65	0701 CIRCADIAN TAU DIFFERENCES IN BIOLOGICAL, BEHAVIOURAL AND SLEEPINESS RHYTHMS IN DELAYED SLEEP-WAKE PHASE DISORDER AND NON-24-HOUR SLEEP-WAKE RHYTHM DISORDER PATIENTS. Sleep, 2017, 40, A259-A260.	1.1	0
66	Administering intensive sleep retraining to treat chronic insomnia using the sleep on cue smartphone application. Sleep Medicine, 2019, 64, S340.	1.6	0
67	Daily task performance in insomnia disorder: the negative affect of sleep and inclusion of effort as a compensatory mechanism. Sleep Medicine, 2019, 64, S37-S38.	1.6	0
68	A PRELIMINARY ASSESSMENT OF THE RELIABILITY AND VALIDITY OF A COMPUTERIZED WORKING MEMORY TASK <sup>1</sup> . Perceptual and Motor Skills, 0, , 130620095853001.	1.3	0
69	0204 Sleep Irregularity Is Associated with Increased Risk of Hypertension: Data From Over Two Million Nights. Sleep, 2022, 45, A93-A94.	1.1	0