

Nicole Lovato

List of Publications by Year in descending order

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Version: 2024-02-01

69
papers

2,551
citations

218381

26
h-index

214527

47
g-index

81
all docs

81
docs citations

81
times ranked

2993
citing authors

#	ARTICLE	IF	CITATIONS
1	A meta-analysis and model of the relationship between sleep and depression in adolescents: Recommendations for future research and clinical practice. <i>Sleep Medicine Reviews</i> , 2014, 18, 521-529.	3.8	407
2	The effects of napping on cognitive functioning. <i>Progress in Brain Research</i> , 2010, 185, 155-166.	0.9	148
3	The impact of prolonged violent video-gaming on adolescent sleep: an experimental study. <i>Journal of Sleep Research</i> , 2013, 22, 137-143.	1.7	126
4	The Effect of Presleep Video-Game Playing on Adolescent Sleep. <i>Journal of Clinical Sleep Medicine</i> , 2010, 06, 184-189.	1.4	115
5	Chronotype differences in circadian rhythms of temperature, melatonin, and sleepiness as measured in a modified constant routine protocol. <i>Nature and Science of Sleep</i> , 2009, 1, 1.	1.4	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?. <i>Chronobiology International</i> , 2014, 31, 496-505.	0.9	96
7	Efficacy of melatonin with behavioural sleep-wake scheduling for delayed sleep-wake phase disorder: A double-blind, randomised clinical trial. <i>PLoS Medicine</i> , 2018, 15, e1002587.	3.9	92
8	Evaluation of a Brief Treatment Program of Cognitive Behavior Therapy for Insomnia in Older Adults. <i>Sleep</i> , 2014, 37, 117-126.	0.6	86
9	A systematic review of the accuracy of sleep wearable devices for estimating sleep onset. <i>Sleep Medicine Reviews</i> , 2020, 49, 101227.	3.8	82
10	Insomnia and mortality: A meta-analysis. <i>Sleep Medicine Reviews</i> , 2019, 43, 71-83.	3.8	72
11	Delayed Sleep Phase Disorder in an Australian School-Based Sample of Adolescents. <i>Journal of Clinical Sleep Medicine</i> , 2013, 09, 939-944.	1.4	69
12	Prevalence of Circadian Misalignment and Its Association With Depressive Symptoms in Delayed Sleep Phase Disorder. <i>Sleep</i> , 2017, 40, .	0.6	69
13	The etiology of delayed sleep phase disorder. <i>Sleep Medicine Reviews</i> , 2016, 27, 29-38.	3.8	63
14	The endogenous circadian temperature period length (τ) in delayed sleep phase disorder compared to good sleepers. <i>Journal of Sleep Research</i> , 2013, 22, 617-624.	1.7	62
15	Trying to fall asleep while catastrophising: what sleep-disordered adolescents think and feel. <i>Sleep Medicine</i> , 2014, 15, 96-103.	0.8	58
16	Assessing cognitive processes related to insomnia: A review and measurement guide for Harvey's cognitive model for the maintenance of insomnia. <i>Sleep Medicine Reviews</i> , 2015, 23, 46-53.	3.8	56
17	Nocturnal Melatonin Profiles in Patients with Delayed Sleep-Wake Phase Disorder and Control Sleepers. <i>Journal of Biological Rhythms</i> , 2015, 30, 437-448.	1.4	54
18	Circadian Melatonin and Temperature τ in Delayed Sleep-wake Phase Disorder and Non-24-hour Sleep-wake Rhythm Disorder Patients. <i>Journal of Biological Rhythms</i> , 2016, 31, 387-405.	1.4	50

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19	The relationship between subjective and objective sleepiness and performance during a simulated night-shift with a nap countermeasure. <i>Applied Ergonomics</i> , 2010, 42, 52-61.	1.7	48
20	Economic evaluation of cognitive behavioural therapy for insomnia (CBT-I) for improving health outcomes in adult populations: A systematic review. <i>Sleep Medicine Reviews</i> , 2020, 54, 101351.	3.8	47
21	Comparing and contrasting therapeutic effects of cognitive - behavior therapy for older adults suffering from insomnia with short and long objective sleep duration. <i>Sleep Medicine</i> , 2016, 22, 4-12.	0.8	46
22	Myopia, or near-sightedness, is associated with delayed melatonin circadian timing and lower melatonin output in young adult humans. <i>Sleep</i> , 2021, 44, .	0.6	35
23	Sleep regularity is associated with sleep-wake and circadian timing, and mediates daytime function in Delayed Sleep-Wake Phase Disorder. <i>Sleep Medicine</i> , 2019, 58, 93-101.	0.8	34
24	The Napping Behaviour of Australian University Students. <i>PLoS ONE</i> , 2014, 9, e113666.	1.1	29
25	A Review of the Potential Impacts of Wind Farm Noise on Sleep. <i>Acoustics Australia</i> , 2018, 46, 87-97.	1.4	28
26	The effects of a 30-min nap during night shift following a prophylactic sleep in the afternoon. <i>Sleep and Biological Rhythms</i> , 2009, 7, 34-42.	0.5	27
27	The effect of cognitive behavioural therapy for insomnia on sedative-hypnotic use: A narrative review. <i>Sleep Medicine Reviews</i> , 2021, 56, 101404.	3.8	27
28	Working memory performance of older adults with insomnia. <i>Journal of Sleep Research</i> , 2013, 22, 251-257.	1.7	25
29	A pilot study of a novel smartphone application for the estimation of sleep onset. <i>Journal of Sleep Research</i> , 2018, 27, 90-97.	1.7	24
30	Primary care management of chronic insomnia: a qualitative analysis of the attitudes and experiences of Australian general practitioners. <i>BMC Family Practice</i> , 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. <i>Sleep Medicine</i> , 2020, 75, 401-410.	0.8	22
32	Personality differences in patients with delayed sleepâ€“wake phase disorder and non-24-h sleepâ€“wake rhythm disorder relative to healthy sleepers. <i>Sleep Medicine</i> , 2017, 30, 128-135.	0.8	21
33	Circadian phase delay using the newly developed re-timer portable light device. <i>Sleep and Biological Rhythms</i> , 2016, 14, 157-164.	0.5	20
34	An investigation of the longitudinal relationship between sleep and depressed mood in developing teens. <i>Nature and Science of Sleep</i> , 2017, Volume 9, 3-10.	1.4	20
35	A systematic review and metaâ€“analysis of wind turbine noise effects on sleep using validated objective and subjective sleep assessments. <i>Journal of Sleep Research</i> , 2021, 30, e13228.	1.7	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?. <i>Chronobiology International</i> , 2016, 33, 1376-1390.	0.9	18

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37	The relationship between a night's sleep and subsequent daytime functioning in older poor and good sleepers. <i>Journal of Sleep Research</i> , 2015, 24, 40-46.	1.7	14
38	The roles of repetitive negative thinking and perfectionism in explaining the relationship between sleep onset difficulties and depressed mood in adolescents. <i>Sleep Health</i> , 2020, 6, 166-171.	1.3	14
39	Circadian tau differences and rhythm associations in delayed sleep-wake phase disorder and sighted non-24-hour sleep-wake rhythm disorder. <i>Sleep</i> , 2021, 44, .	0.6	13
40	Sleep misestimation among older adults suffering from insomnia with short and normal objective sleep duration and the effects of cognitive behavior therapy. <i>Sleep</i> , 2021, 44, .	0.6	13
41	The Development and Accuracy of the THIM Wearable Device for Estimating Sleep and Wakefulness. <i>Nature and Science of Sleep</i> , 2021, Volume 13, 39-53.	1.4	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. <i>Sleep Medicine</i> , 2013, 14, 888-893.	0.8	12
43	Co-occurring depression and insomnia in Australian primary care: recent scientific evidence. <i>Medical Journal of Australia</i> , 2021, 215, 230-236.	0.8	11
44	Circadian rhythms and insomnia. <i>Sleep and Biological Rhythms</i> , 2017, 15, 3-10.	0.5	9
45	Evaluation of a portable light device for phase advancing the circadian rhythm in the home environment. <i>Sleep and Biological Rhythms</i> , 2018, 16, 405-411.	0.5	9
46	The efficacy of biofeedback for the treatment of insomnia: a critical review. <i>Sleep Medicine</i> , 2019, 56, 192-200.	0.8	9
47	Insomnia subtypes characterised by objective sleep duration and NREM spectral power and the effect of acute sleep restriction: an exploratory analysis. <i>Scientific Reports</i> , 2021, 11, 24331.	1.6	9
48	Intensive Sleep Re-Training: From Bench to Bedside. <i>Brain Sciences</i> , 2017, 7, 33.	1.1	8
49	Intensive Sleep Retraining Treatment of Insomnia. <i>Sleep Medicine Clinics</i> , 2019, 14, 245-252.	1.2	8
50	A step-by-step model for a brief behavioural treatment for insomnia in Australian general practice. <i>Australian Journal of General Practice</i> , 2021, 50, 287-293.	0.3	8
51	Implementation of a digital cognitive behavioral therapy for insomnia pathway in primary care. <i>Contemporary Clinical Trials</i> , 2021, 107, 106484.	0.8	8
52	Correspondence between physiological and behavioural responses to vibratory stimuli during the sleep onset period: A quantitative electroencephalography analysis. <i>Journal of Sleep Research</i> , 2021, 30, e13232.	1.7	7
53	The Role of Bright Light Therapy in Managing Insomnia. <i>Sleep Medicine Clinics</i> , 2013, 8, 351-359.	1.2	6
54	A PERIOD3 variable number tandem repeat polymorphism modulates melatonin treatment response in delayed sleep-wake phase disorder. <i>Journal of Pineal Research</i> , 2020, 69, e12684.	3.4	6

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55	The Sleep Impact on Activity Diary (SIAD): A Novel Assessment of Daytime Functioning in Insomnia. <i>Brain Sciences</i> , 2021, 11, 219.	1.1	6
56	Light-based methods for predicting circadian phase in delayed sleep-wake phase disorder. <i>Scientific Reports</i> , 2021, 11, 10878.	1.6	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. <i>Journal of the American Medical Directors Association</i> , 2020, 21, 1824-1832.e2.	1.2	5
58	Tired and lack focus? Insomnia increases distractibility. <i>Journal of Health Psychology</i> , 2021, 26, 795-804.	1.3	5
59	A Preliminary Assessment of the Reliability and Validity of a Computerized Working Memory Task. <i>Perceptual and Motor Skills</i> , 2013, 116, 368-381.	0.6	4
60	The accuracy of the THIM wearable device for estimating sleep onset latency. <i>Journal of Clinical Sleep Medicine</i> , 2021, 17, 973-981.	1.4	4
61	Comorbidities and quality of life in Australian men and women with diagnosed and undiagnosed high-risk obstructive sleep apnea. <i>Journal of Clinical Sleep Medicine</i> , 2022, 18, 1757-1767.	1.4	4
62	The effect of wind turbine noise on polysomnographically measured and self-reported sleep latency in wind turbine noise naïve participants. <i>Sleep</i> , 2022, 45, .	0.6	4
63	The management of insomnia by Australian psychologists: a qualitative study. <i>Australian Psychologist</i> , 2022, 57, 290-300.	0.9	4
64	Author's response to Letter to the Editor. <i>Applied Ergonomics</i> , 2012, 43, 267.	1.7	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. <i>Sleep</i> , 2017, 40, A259-A260.	0.6	0
66	Administering intensive sleep retraining to treat chronic insomnia using the sleep on cue smartphone application. <i>Sleep Medicine</i> , 2019, 64, S340.	0.8	0
67	Daily task performance in insomnia disorder: the negative affect of sleep and inclusion of effort as a compensatory mechanism. <i>Sleep Medicine</i> , 2019, 64, S37-S38.	0.8	0
68	A PRELIMINARY ASSESSMENT OF THE RELIABILITY AND VALIDITY OF A COMPUTERIZED WORKING MEMORY TASK. <i>Perceptual and Motor Skills</i> , 0, , 130620095853001.	0.6	0
69	0204 Sleep Irregularity Is Associated with Increased Risk of Hypertension: Data From Over Two Million Nights. <i>Sleep</i> , 2022, 45, A93-A94.	0.6	0