

# Nicole Lovato

## List of Publications by Year in descending order

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Version: 2024-02-01

69  
papers

2,551  
citations

218677  
26  
h-index

214800  
47  
g-index

81  
all docs

81  
docs citations

81  
times ranked

2993  
citing authors

#	ARTICLE	IF	CITATIONS
1	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.	2.6	4
2	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, .	1.1	4
3	0204 Sleep Irregularity Is Associated with Increased Risk of Hypertension: Data From Over Two Million Nights. <i>Sleep</i> , 2022, 45, A93-A94.	1.1	0
4	The management of insomnia by Australian psychologists: a qualitative study. <i>Australian Psychologist</i> , 2022, 57, 290-300.	1.6	4
5	A systematic review and meta-analysis of wind turbine noise effects on sleep using validated objective and subjective sleep assessments. <i>Journal of Sleep Research</i> , 2021, 30, e13228.	3.2	20
6	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.	3.2	7
7	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, .	1.1	13
8	Tired and lack focus? Insomnia increases distractibility. <i>Journal of Health Psychology</i> , 2021, 26, 795-804.	2.3	5
9	Myopia, or near-sightedness, is associated with delayed melatonin circadian timing and lower melatonin output in young adult humans. <i>Sleep</i> , 2021, 44, .	1.1	35
10	The effect of cognitive behavioural therapy for insomnia on sedative-hypnotic use: A narrative review. <i>Sleep Medicine Reviews</i> , 2021, 56, 101404.	8.5	27
11	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, .	1.1	13
12	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.	2.7	13
13	The Sleep Impact on Activity Diary (SIAD): A Novel Assessment of Daytime Functioning in Insomnia. <i>Brain Sciences</i> , 2021, 11, 219.	2.3	6
14	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.	0.8	8
15	Light-based methods for predicting circadian phase in delayed sleep-wake phase disorder. <i>Scientific Reports</i> , 2021, 11, 10878.	3.3	6
16	The accuracy of the THIM wearable device for estimating sleep onset latency. <i>Journal of Clinical Sleep Medicine</i> , 2021, 17, 973-981.	2.6	4
17	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
18	Co-occurring depression and insomnia in Australian primary care: recent scientific evidence. <i>Medical Journal of Australia</i> , 2021, 215, 230-236.	1.7	11

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19	Implementation of a digital cognitive behavioral therapy for insomnia pathway in primary care. Contemporary Clinical Trials, 2021, 107, 106484.	1.8	8
20	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
21	A systematic review of the accuracy of sleep wearable devices for estimating sleep onset. Sleep Medicine Reviews, 2020, 49, 101227.	8.5	82
22	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
23	A PERIOD3 variable number tandem repeat polymorphism modulates melatonin treatment response in delayed sleep-wake phase disorder. Journal of Pineal Research, 2020, 69, e12684.	7.4	6
24	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
25	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
26	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
27	Intensive Sleep Retraining Treatment of Insomnia. Sleep Medicine Clinics, 2019, 14, 245-252.	2.6	8
28	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
29	Administering intensive sleep retraining to treat chronic insomnia using the sleep on cue smartphone application. Sleep Medicine, 2019, 64, S340.	1.6	0
30	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
31	The efficacy of biofeedback for the treatment of insomnia: a critical review. Sleep Medicine, 2019, 56, 192-200.	1.6	9
32	Insomnia and mortality: A meta-analysis. Sleep Medicine Reviews, 2019, 43, 71-83.	8.5	72
33	A Review of the Potential Impacts of Wind Farm Noise on Sleep. Acoustics Australia, 2018, 46, 87-97.	2.4	28
34	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
35	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
36	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

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37	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.	1.6	21
38	Prevalence of Circadian Misalignment and Its Association With Depressive Symptoms in Delayed Sleep Phase Disorder. <i>Sleep</i> , 2017, 40, .	1.1	69
39	Circadian rhythms and insomnia. <i>Sleep and Biological Rhythms</i> , 2017, 15, 3-10.	1.0	9
40	Intensive Sleep Re-Training: From Bench to Bedside. <i>Brain Sciences</i> , 2017, 7, 33.	2.3	8
41	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.	2.7	20
42	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.	1.1	0
43	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.	1.6	46
44	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.	2.0	18
45	Circadian Melatonin and Temperature <i>Taus</i> 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.	2.6	50
46	Circadian phase delay using the newly developed re-timer portable light device. <i>Sleep and Biological Rhythms</i> , 2016, 14, 157-164.	1.0	20
47	The etiology of delayed sleep phase disorder. <i>Sleep Medicine Reviews</i> , 2016, 27, 29-38.	8.5	63
48	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.	8.5	56
49	Nocturnal Melatonin Profiles in Patients with Delayed Sleep-Wake Phase Disorder and Control Sleepers. <i>Journal of Biological Rhythms</i> , 2015, 30, 437-448.	2.6	54
50	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.	3.2	14
51	The Napping Behaviour of Australian University Students. <i>PLoS ONE</i> , 2014, 9, e113666.	2.5	29
52	Trying to fall asleep while catastrophising: what sleep-disordered adolescents think and feel. <i>Sleep Medicine</i> , 2014, 15, 96-103.	1.6	58
53	Does one hour of bright or short-wavelength filtered tablet screenlight have a meaningful effect on adolescentsâ€™ pre-bedtime alertness, sleep, and daytime functioning?. <i>Chronobiology International</i> , 2014, 31, 496-505.	2.0	96
54	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.	8.5	407

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55	Evaluation of a Brief Treatment Program of Cognitive Behavior Therapy for Insomnia in Older Adults. Sleep, 2014, 37, 117-126.	1.1	86
56	The Role of Bright Light Therapy in Managing Insomnia. Sleep Medicine Clinics, 2013, 8, 351-359.	2.6	6
57	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
58	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
59	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
60	Working memory performance of older adults with insomnia. Journal of Sleep Research, 2013, 22, 251-257.	3.2	25
61	The impact of prolonged violent video gaming on adolescent sleep: an experimental study. Journal of Sleep Research, 2013, 22, 137-143.	3.2	126
62	Delayed Sleep Phase Disorder in an Australian School-Based Sample of Adolescents. Journal of Clinical Sleep Medicine, 2013, 09, 939-944.	2.6	69
63	Author's response to Letter to the Editor. Applied Ergonomics, 2012, 43, 267.	3.1	1
64	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
65	The Effect of Presleep Video-Game Playing on Adolescent Sleep. Journal of Clinical Sleep Medicine, 2010, 06, 184-189.	2.6	115
66	The effects of napping on cognitive functioning. Progress in Brain Research, 2010, 185, 155-166.	1.4	148
67	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
68	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
69	A PRELIMINARY ASSESSMENT OF THE RELIABILITY AND VALIDITY OF A COMPUTERIZED WORKING MEMORY TASK. Perceptual and Motor Skills, 0, , 130620095853001.	1.3	0