

# Chin Moi Chow

## List of Publications by Year in descending order

Source: <https://exaly.com/author-pdf/2354699/publications.pdf>

Version: 2024-02-01

88  
papers

2,378  
citations

236612

25  
h-index

223531

46  
g-index

92  
all docs

92  
docs citations

92  
times ranked

3123  
citing authors

| #  | ARTICLE   | IF  | CITATIONS |
|----|---|-----|-----------|
| 1  | High-glycemic-index carbohydrate meals shorten sleep onset. <i>American Journal of Clinical Nutrition</i> , 2007, 85, 426-430.  | 2.2 | 189       |
| 2  | An effective exercise-based intervention for improving mental health and quality of life measures: a randomized controlled trial. <i>Preventive Medicine</i> , 2004, 39, 424-434. | 1.6 | 166       |
| 3  | Roles of periaqueductal gray and nucleus tractus solitarius in cardiorespiratory function in the rat brainstem. <i>Respiration Physiology</i> , 2000, 120, 185-195.               | 2.8 | 129       |
| 4  | An Arabic version of the Perceived Stress Scale: Translation and validation study. <i>International Journal of Nursing Studies</i> , 2012, 49, 84-89.                             | 2.5 | 115       |
| 5  | Training Practices and Ergogenic Aids Used by Male Bodybuilders. <i>Journal of Strength and Conditioning Research</i> , 2013, 27, 1609-1617.                                      | 1.0 | 105       |
| 6  | Acute effects of the very low carbohydrate diet on sleep indices. <i>Nutritional Neuroscience</i> , 2008, 11, 146-154.  | 1.5 | 85        |
| 7  | The Valsalva Maneuver. <i>Journal of Strength and Conditioning Research</i> , 2013, 27, 2338-2345.  | 1.0 | 78        |
| 8  | Worksite intervention effects on physical health: a randomized controlled trial. <i>Health Promotion International</i> , 2006, 21, 191-200.                                       | 0.9 | 71        |
| 9  | The validity of Actiwatch2 and SenseWear armband compared against polysomnography at different ambient temperature conditions. <i>Sleep Science</i> , 2015, 8, 9-15.              | 0.4 | 71        |
| 10 | Living high-training low increases hypoxic ventilatory response of well-trained endurance athletes. <i>Journal of Applied Physiology</i> , 2002, 93, 1498-1505.                   | 1.2 | 69        |
| 11 | Associations among work-related stress, cortisol, inflammation, and metabolic syndrome. <i>Psychophysiology</i> , 2013, 50, 821-830.  | 1.2 | 65        |
| 12 | A novel scale to assess resistance-exercise effort. <i>Journal of Sports Sciences</i> , 2012, 30, 1405-1413.  | 1.0 | 60        |
| 13 | Classification methods to detect sleep apnea in adults based on respiratory and oximetry signals: a systematic review. <i>Physiological Measurement</i> , 2018, 39, 03TR01.       | 1.2 | 56        |
| 14 | Effects of live high, train low hypoxic exposure on lactate metabolism in trained humans. <i>Journal of Applied Physiology</i> , 2004, 96, 517-525.                               | 1.2 | 54        |
| 15 | Manual hyperinflation: a description of the technique. <i>Australian Journal of Physiotherapy</i> , 1996, 42, 203-208.  | 0.9 | 53        |
| 16 | Clinical Patterns of Obstructive Sleep Apnea and Its Comorbid Conditions: A Data Mining Approach. <i>Journal of Clinical Sleep Medicine</i> , 2008, 04, 543-550.                  | 1.4 | 52        |
| 17 | Defining the rest interval associated with the main sleep period in actigraph scoring. <i>Nature and Science of Sleep</i> , 2016, Volume 8, 321-328.                              | 1.4 | 52        |
| 18 | A volume-dependent apneic threshold during NREM sleep in the dog. <i>Journal of Applied Physiology</i> , 1994, 76, 2315-2325.   | 1.2 | 39        |

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|----|--|-----|-----------|
| 19 | Sleep in athletes undertaking protocols of exposure to nocturnal simulated altitude at 2650 m. <i>Journal of Science and Medicine in Sport</i> , 2005, 8, 222-232.   | 0.6 | 34        |
| 20 | Worksite intervention effects on sleep quality: A randomized controlled trial.. <i>Journal of Occupational Health Psychology</i> , 2006, 11, 291-304.  | 2.3 | 34        |
| 21 | Identification of different types of respiratory neurones in the dorsal brainstem nucleus tractus solitarius of the rat. <i>Brain Research</i> , 2007, 1141, 119-132.  | 1.1 | 34        |
| 22 | Respiratory events and periodic breathing in cyclists sleeping at 2,650-m simulated altitude. <i>Journal of Applied Physiology</i> , 2002, 92, 2114-2118.  | 1.2 | 31        |
| 23 | The effects of moderate to vigorous aerobic exercise on the sleep need of sedentary young adults. <i>Journal of Sports Sciences</i> , 2013, 31, 381-386.   | 1.0 | 30        |
| 24 | Comparison of Ipratropium Bromide and Salbutamol by Aerosolized Solution. <i>Australian and New Zealand Journal of Medicine</i> , 1981, 11, 513-516.   | 0.5 | 27        |
| 25 | Effect of temperature and duration of hyperthermia on HSP72 induction in rat tissues. <i>Molecular and Cellular Biochemistry</i> , 2004, 267, 187-194.   | 1.4 | 27        |
| 26 | Cognitive effects of video games in older adults and their moderators: a systematic review with meta-analysis and meta-regression. <i>Aging and Mental Health</i> , 2020, 24, 841-856.                             | 1.5 | 26        |
| 27 | Perinatal depression in Pakistan: A systematic review and meta-analysis. <i>Birth</i> , 2021, 48, 149-163.   | 1.1 | 26        |
| 28 | Health benefits of Kung Fu: A systematic review. <i>Journal of Sports Sciences</i> , 2008, 26, 1249-1267.  | 1.0 | 25        |
| 29 | Combined caffeine and carbohydrate ingestion: effects on nocturnal sleep and exercise performance in athletes. <i>European Journal of Applied Physiology</i> , 2014, 114, 2529-2537.                               | 1.2 | 25        |
| 30 | Hypoxic ventilatory response is correlated with increased submaximal exercise ventilation after live high, train low. <i>European Journal of Applied Physiology</i> , 2005, 94, 207-215.                           | 1.2 | 24        |
| 31 | A Randomized Controlled Trial of Kung Fu Training for Metabolic Health in Overweight/Obese Adolescents: The "Martial Fitness" Study. <i>Journal of Pediatric Endocrinology and Metabolism</i> , 2009, 22, 595-607. | 0.4 | 24        |
| 32 | The Effect of Prior Endurance Training on Nap Sleep Patterns. <i>International Journal of Sports Physiology and Performance</i> , 2010, 5, 87-97.  | 1.1 | 24        |
| 33 | The study design and methodology for the ARCHER study - adolescent rural cohort study of hormones, health, education, environments and relationships. <i>BMC Pediatrics</i> , 2012, 12, 143.                       | 0.7 | 22        |
| 34 | Neural-mechanical coupling of breathing in REM sleep. <i>Journal of Applied Physiology</i> , 1997, 83, 1923-1932.  | 1.2 | 21        |
| 35 | Cardiovascular responses to short-term head-down positioning in healthy young and older adults. <i>Physiotherapy Research International</i> , 2005, 10, 32-47.   | 0.7 | 21        |
| 36 | High-glycaemic index and -glycaemic load meals increase the availability of tryptophan in healthy volunteers. <i>British Journal of Nutrition</i> , 2011, 105, 1601-1606.  | 1.2 | 21        |

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|----|---|-----|-----------|
| 37 | Sleep and Wellbeing, Now and in the Future. <i>International Journal of Environmental Research and Public Health</i> , 2020, 17, 2883.  | 1.2 | 21        |
| 38 | Interspersed normoxia during live high, train low interventions reverses an early reduction in muscle Na <sup>+</sup> , K <sup>+</sup> ATPase activity in well-trained athletes. <i>European Journal of Applied Physiology</i> , 2006, 98, 299-309. | 1.2 | 20        |
| 39 | Does the Proximity of Meals to Bedtime Influence the Sleep of Young Adults? A Cross-Sectional Survey of University Students. <i>International Journal of Environmental Research and Public Health</i> , 2020, 17, 2677.                             | 1.2 | 20        |
| 40 | Sleep quality and duration following evening intake of alpha-lactalbumin: a pilot study. <i>Biological Rhythm Research</i> , 2017, 48, 507-517.   | 0.4 | 17        |
| 41 | Sleep disturbance at simulated altitude indicated by stratified respiratory disturbance index but not hypoxic ventilatory response. <i>European Journal of Applied Physiology</i> , 2005, 94, 569-575.  | 1.2 | 16        |
| 42 | Role of Tissue and Systemic Hypoxia in Obesity and Type 2 Diabetes. <i>Journal of Diabetes Research</i> , 2016, 2016, 1-3.  | 1.0 | 16        |
| 43 | Kung Fu Training Improves Physical Fitness Measures in Overweight/Obese Adolescents: The "Martial Fitness" Study. <i>Journal of Obesity</i> , 2010, 2010, 1-10.   | 1.1 | 15        |
| 44 | Hyperventilation as a Strategy for Improved Repeated Sprint Performance. <i>Journal of Strength and Conditioning Research</i> , 2014, 28, 1119-1126.  | 1.0 | 15        |
| 45 | Description of manual hyperinflation in intubated patients with atelectasis. <i>Physiotherapy Theory and Practice</i> , 1998, 14, 199-210.  | 0.6 | 14        |
| 46 | The effects of fabric for sleepwear and bedding on sleep at ambient temperatures of 17°C and 22°C. <i>Nature and Science of Sleep</i> , 2016, 8, 121.   | 1.4 | 14        |
| 47 | Ventilatory acclimatisation is beneficial for high-intensity exercise at altitude in elite cyclists. <i>European Journal of Sport Science</i> , 2016, 16, 895-902.  | 1.4 | 14        |
| 48 | A randomised placebo-exercise controlled trial of Kung Fu training for improvements in body composition in overweight/obese adolescents: the "Martial Fitness" study. <i>Journal of Sports Science and Medicine</i> , 2009, 8, 97-106.              | 0.7 | 13        |
| 49 | A modified postural drainage position produces less cardiovascular stress than a head-down position in patients with severe heart disease: A quasi-experimental study. <i>Australian Journal of Physiotherapy</i> , 2006, 52, 201-209.              | 0.9 | 12        |
| 50 | Abdominal Fat Assessment in Adolescents Using Dual-energy X-ray Absorptiometry. <i>Journal of Pediatric Endocrinology and Metabolism</i> , 2009, 22, 781-94.  | 0.4 | 12        |
| 51 | Positive Emotions Associated with "Counter-Strike" Game Playing. <i>Games for Health Journal</i> , 2012, 1, 342-347.  | 1.1 | 12        |
| 52 | The association between work stress and inflammatory biomarkers in Romanian male workers. <i>Psychophysiology</i> , 2012, 49, 172-177.  | 1.2 | 12        |
| 53 | Sleep quality responses to atmospheric variation: Case studies of two elite female cyclists. <i>Journal of Science and Medicine in Sport</i> , 2003, 6, 436-442.  | 0.6 | 11        |
| 54 | Self-Perception and Attitude Toward Physical Activity in Overweight/Obese Adolescents: The "Martial Fitness" Study. <i>Research in Sports Medicine</i> , 2013, 21, 37-51.   | 0.7 | 11        |

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|----|---|-----|-----------|
| 55 | Hyperventilation-induced respiratory alkalosis falls short of countering fatigue during repeated maximal isokinetic contractions. <i>European Journal of Applied Physiology</i> , 2015, 115, 1453-1465.               | 1.2 | 10        |
| 56 | Effects of REM Sleep on the Ventilatory Response to Airway Occlusion in the Dog. <i>Sleep</i> , 1994, 17, 674-687.  | 0.6 | 9         |
| 57 | Lip muscle training improves obstructive sleep apnea and objective sleep: a case report. <i>Sleep Science</i> , 2017, 10, 128-131.  | 0.4 | 9         |
| 58 | A novel algorithm for automatic diagnosis of sleep apnea from airflow and oximetry signals. <i>Physiological Measurement</i> , 2021, 42, 015001.  | 1.2 | 9         |
| 59 | Impact of sleep disordered breathing severity on hemodynamics, autonomic balance and cardiopulmonary functional status in chronic heart failure. <i>International Journal of Cardiology</i> , 2010, 141, 227-235.     | 0.8 | 8         |
| 60 | An Arabic Version of the Effort-Reward Imbalance Questionnaire: Translation and Validation Study. <i>Psychological Reports</i> , 2013, 113, 275-290.  | 0.9 | 8         |
| 61 | The periodicity of sleep duration &ndash; an infradian rhythm in spontaneous living. <i>Nature and Science of Sleep</i> , 2013, 5, 1.   | 1.4 | 8         |
| 62 | Calibration and validation processes for relative humidity measurement by a Hygrochron iButton. <i>Physiology and Behavior</i> , 2017, 179, 208-212.  | 1.0 | 8         |
| 63 | Effects of Hyperventilation on Repeated Pedaling Sprint Performance: Short vs. Long Intervention Duration. <i>Journal of Strength and Conditioning Research</i> , 2018, 32, 170-180.                                  | 1.0 | 7         |
| 64 | <p>The impact of sleepwear fiber type on sleep quality under warm ambient conditions</p>. <i>Nature and Science of Sleep</i> , 2019, Volume 11, 167-178.  | 1.4 | 7         |
| 65 | Risk factors of paternal postnatal depression in Pakistan: Findings from an urban sample. <i>Australian Journal of Cancer Nursing</i> , 2022, 24, 618-624.  | 0.8 | 5         |
| 66 | Cardiovascular profile of adult recipients of chest physiotherapy. <i>Physiotherapy Research International</i> , 2004, 9, 132-137.  | 0.7 | 4         |
| 67 | A systematic review of light therapy on mood scores in major depressive disorder: light specification, dose, timing and delivery. <i>International Journal of Basic and Applied Sciences</i> , 2015, 5, 30.           | 0.2 | 4         |
| 68 | The effects of multi-stage exercise with and without concurrent cognitive performance on cardiorespiratory and cerebral haemodynamic responses. <i>European Journal of Applied Physiology</i> , 2018, 118, 2121-2132. | 1.2 | 4         |
| 69 | Physiotherapist attitudes and practices regarding head-down and modified postural drainage in the presence of heart disease. <i>Physiotherapy Theory and Practice</i> , 2005, 21, 121-135.                            | 0.6 | 3         |
| 70 | Ventilation induced apnea and its effect on dorsal brainstem inspiratory neurones in the rat. <i>Respiratory Physiology and Neurobiology</i> , 2007, 157, 252-261.  | 0.7 | 3         |
| 71 | Brain functional connectivity analysis using single trial EEG for understanding individual mechanisms. , 2018, , .  |     | 3         |
| 72 | Assessment of Screening for Nasal Obstruction among Sleep Dentistry Outpatients with Obstructive Sleep Apnea. <i>Dentistry Journal</i> , 2020, 8, 119.  | 0.9 | 3         |

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|----|--|-----|-----------|
| 73 | Behavioural Control of Breathing in Mammals: Role of the Midbrain Periaqueductal Gray. <i>Advances in Experimental Medicine and Biology</i> , 2004, 551, 135-141.  | 0.8 | 2         |
| 74 | Obstructive sleep apnea treatment with a twopiece mandibular advancement device with an elastic retention band in combination with orofacial myofunctional therapy: a case report. <i>Sleep Science</i> , 2019, 12, 57-60.         | 0.4 | 2         |
| 75 | Dynamic changes in <scp>electroencephalogram</scp> spectral power with varying apnea duration in older adults. <i>Journal of Sleep Research</i> , 2019, 28, e12850.  | 1.7 | 2         |
| 76 | A Per-sample Digitized Algorithm for Automatically Detecting Apnea and Hypopnea Events from Airflow and Oximetry. , 2020, 2020, 5339-5342.   |     | 2         |
| 77 | Hyperventilation-Aided Recovery for Extra Repetitions on Bench Press and Leg Press. <i>Journal of Strength and Conditioning Research</i> , 2020, 34, 1274-1284.  | 1.0 | 2         |
| 78 | A generalized algorithm for the automatic diagnosis of sleep apnea from per-sample encoding of airflow and oximetry. <i>Physiological Measurement</i> , 2022, 43, 065004.  | 1.2 | 2         |
| 79 | Influence of the glycemic load (GL) on subjective and objective measures of sleep quality in sleep initiation insomnia. <i>International Journal of Psychophysiology</i> , 2010, 77, 292-292.                                      | 0.5 | 1         |
| 80 | Lip Muscle Training Improves Halitosis and Obstructive Sleep Apnea Syndrome: A Case Report. <i>Journal of Dental Sleep Medicine</i> , 2016, 03, 31-32.   | 0.3 | 1         |
| 81 | Sleep Apnea and Neck Circumference in Japanese Rugby Union Athletes. <i>Journal of Sleep Disorders-- Treatment &amp; Care</i> , 2017, 06, .  | 0.1 | 1         |
| 82 | Impact of sleep disordered breathing severity on the hemodynamics, functional status and autonomic function of chronic heart failure patients. <i>Heart Lung and Circulation</i> , 2008, 17, S34-S35.                              | 0.2 | 0         |
| 83 | Hyperventilation-Induced Respiratory Alkalosis Increases the Number of Repetitions Able to Be Performed During Resistance Training. <i>Juntendo Medical Journal</i> , 2016, 62, 170-170.   | 0.1 | 0         |
| 84 | Hyperventilation-Induced Respiratory Alkalosis Has Little Effect in Attenuating the Reduction of Lifting Velocity During Repeated Maximum Bench Press Throws and Squat Jumps. <i>Juntendo Medical Journal</i> , 2018, 64, 118-118. | 0.1 | 0         |
| 85 | Development and the Effectiveness of a Nasal Breathing Stimulator Combined with an Oral Appliance for Treating Obstructive Sleep Apnea. <i>International Journal of Oral-Medical Sciences</i> , 2021, 19, 232-240.                 | 0.2 | 0         |
| 86 | Temporal sleep patterns between healthy and depressed individuals. <i>International Journal of Basic and Applied Sciences</i> , 2017, 6, 17-21.  | 0.2 | 0         |
| 87 | A Robust Airflow Envelope Tracking and Digitization Approach for Automatic Detection of Apnea and Hypopnea Events. , 2020, , .   |     | 0         |
| 88 | Improving Nasal Airflow with a Novel Nasal Breathing Stent. <i>Dentistry Journal</i> , 2022, 10, 81.   | 0.9 | 0         |