

# Massimiliano de Zambotti

## List of Publications by Year in descending order

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Version: 2024-02-01

110  
papers

3,744  
citations

147566

31  
h-index

149479

56  
g-index

113  
all docs

113  
docs citations

113  
times ranked

3948  
citing authors

#	ARTICLE	IF	CITATIONS
1	A validation study of Fitbit Charge 2 compared with polysomnography in adults. <i>Chronobiology International</i> , 2018, 35, 465-476.	0.9	284
2	Wearable Sleep Technology in Clinical and Research Settings. <i>Medicine and Science in Sports and Exercise</i> , 2019, 51, 1538-1557.	0.2	270
3	Insomnia disorder in adolescence: Diagnosis, impact, and treatment. <i>Sleep Medicine Reviews</i> , 2018, 39, 12-24.	3.8	227
4	Measures of sleep and cardiac functioning during sleep using a multi-sensory commercially-available wristband in adolescents. <i>Physiology and Behavior</i> , 2016, 158, 143-149.	1.0	179
5	Sleep problems during the menopausal transition: prevalence, impact, and management challenges. <i>Nature and Science of Sleep</i> , 2018, Volume 10, 73-95.	1.4	166
6	The Sleep of the Ring: Comparison of the ÅCEURA Sleep Tracker Against Polysomnography. <i>Behavioral Sleep Medicine</i> , 2019, 17, 124-136.	1.1	161
7	Wearable technologies for developing sleep and circadian biomarkers: a summary of workshop discussions. <i>Sleep</i> , 2020, 43, .	0.6	160
8	Validation of Sleep-Tracking Technology Compared with Polysomnography in Adolescents. <i>Sleep</i> , 2015, 38, 1461-1468.	0.6	130
9	Dynamic coupling between the central and autonomic nervous systems during sleep: A review. <i>Neuroscience and Biobehavioral Reviews</i> , 2018, 90, 84-103.	2.9	127
10	Evaluation of a consumer fitness-tracking device to assess sleep in adults. <i>Chronobiology International</i> , 2015, 32, 1024-1028.	0.9	101
11	Sleep onset and cardiovascular activity in primary insomnia. <i>Journal of Sleep Research</i> , 2011, 20, 318-325.	1.7	96
12	Magnitude of the impact of hotÅflashes on sleep in perimenopausal women. <i>Fertility and Sterility</i> , 2014, 102, 1708-1715.e1.	0.5	91
13	A standardized framework for testing the performance of sleep-tracking technology: step-by-step guidelines and open-source code. <i>Sleep</i> , 2021, 44, .	0.6	86
14	Eveningness and Later Sleep Timing Are Associated with Greater Risk for Alcohol and Marijuana Use in Adolescence: Initial Findings from the National Consortium on Alcohol and Neurodevelopment in Adolescence Study. <i>Alcoholism: Clinical and Experimental Research</i> , 2017, 41, 1154-1165.	1.4	75
15	Insomnia in women approaching menopause: Beyond perception. <i>Psychoneuroendocrinology</i> , 2015, 60, 96-104.	1.3	73
16	Sensors Capabilities, Performance, and Use of Consumer Sleep Technology. <i>Sleep Medicine Clinics</i> , 2020, 15, 1-30.	1.2	62
17	Sleep Disturbance Predicts Depression Symptoms in Early Adolescence: Initial Findings From the Adolescent Brain Cognitive Development Study. <i>Journal of Adolescent Health</i> , 2020, 66, 567-574.	1.2	62
18	Autonomic regulation across phases of the menstrual cycle and sleep stages in women with premenstrual syndrome and healthy controls. <i>Psychoneuroendocrinology</i> , 2013, 38, 2618-2627.	1.3	56

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19	Interaction between Reproductive Hormones and Physiological Sleep in Women. <i>Journal of Clinical Endocrinology and Metabolism</i> , 2015, 100, 1426-1433.	1.8	56
20	The mediating role of cortical thickness and gray matter volume on sleep slow-wave activity during adolescence. <i>Brain Structure and Function</i> , 2018, 223, 669-685.	1.2	56
21	Validity, potential clinical utility, and comparison of consumer and research-grade activity trackers in Insomnia Disorder I: In-lab validation against polysomnography. <i>Journal of Sleep Research</i> , 2020, 29, e12931.	1.7	54
22	Menstrual Cycle-Related Variation in Physiological Sleep in Women in the Early Menopausal Transition. <i>Journal of Clinical Endocrinology and Metabolism</i> , 2015, 100, 2918-2926.	1.8	49
23	Nighttime cardiac sympathetic hyper-activation in young primary insomniacs. <i>Clinical Autonomic Research</i> , 2013, 23, 49-56.	1.4	48
24	Age-Related Differences in Sleep Architecture and Electroencephalogram in Adolescents in the National Consortium on Alcohol and Neurodevelopment in Adolescence Sample. <i>Sleep</i> , 2016, 39, 1429-1439.	0.6	48
25	Cognitive performance and cardiovascular markers of hyperarousal in primary insomnia. <i>International Journal of Psychophysiology</i> , 2011, 80, 79-86.	0.5	47
26	Performance of a commercial multi-sensor wearable (Fitbit Charge HR) in measuring physical activity and sleep in healthy children. <i>PLoS ONE</i> , 2020, 15, e0237719.	1.1	47
27	Sleep changes without medial temporal lobe or brain cortical changes in community-dwelling individuals with subjective cognitive decline. <i>Alzheimer's and Dementia</i> , 2017, 13, 783-791.	0.4	43
28	Working memory impairment and cardiovascular hyperarousal in young primary insomniacs. <i>Psychophysiology</i> , 2014, 51, 206-214.	1.2	42
29	Nocturnal cardiac autonomic profile in young primary insomniacs and good sleepers. <i>International Journal of Psychophysiology</i> , 2014, 93, 332-339.	0.5	40
30	The Boom in Wearable Technology: Cause for Alarm or Just What is Needed to Better Understand Sleep?. <i>Sleep</i> , 2016, 39, 1761-1762.	0.6	39
31	Sleep spindle characteristics in adolescents. <i>Clinical Neurophysiology</i> , 2019, 130, 893-902.	0.7	39
32	K-Complexes: Interaction between the Central and Autonomic Nervous Systems during Sleep. <i>Sleep</i> , 2016, 39, 1129-1137.	0.6	33
33	The Pandemic's Toll on Young Adolescents: Prevention and Intervention Targets to Preserve Their Mental Health. <i>Journal of Adolescent Health</i> , 2022, 70, 387-395.	1.2	33
34	Association between personality traits and DSM-IV diagnosis of insomnia in peri- and postmenopausal women. <i>Menopause</i> , 2014, 21, 602-611.	0.8	32
35	Rigorous performance evaluation (previously, "validation") for informed use of new technologies for sleep health measurement. <i>Sleep Health</i> , 2022, 8, 263-269.	1.3	31
36	Vagal withdrawal during hot flashes occurring in undisturbed sleep. <i>Menopause</i> , 2013, 20, 1147-1153.	0.8	28

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37	Toward a better noninvasive assessment of preejection period: A novel automatic algorithm for R-point detection and correction on thoracic impedance cardiogram. <i>Psychophysiology</i> , 2018, 55, e13072.	1.2	27
38	Validity, potential clinical utility and comparison of a consumer activity tracker and a research-grade activity tracker in insomnia disorder II: Outside the laboratory. <i>Journal of Sleep Research</i> , 2020, 29, e12944.	1.7	26
39	Acute stress alters autonomic modulation during sleep in women approaching menopause. <i>Psychoneuroendocrinology</i> , 2016, 66, 1-10.	1.3	24
40	Menstrual cycle-related variation in autonomic nervous system functioning in women in the early menopausal transition with and without insomnia disorder. <i>Psychoneuroendocrinology</i> , 2017, 75, 44-51.	1.3	24
41	Automatic analysis of pre-ejection period during sleep using impedance cardiogram. <i>Psychophysiology</i> , 2019, 56, e13355.	1.2	24
42	Polysomnographic validation of a wireless dry headband technology for sleep monitoring in healthy young adults. <i>Physiology and Behavior</i> , 2013, 118, 185-188.	1.0	22
43	Sex- and Age-Dependent Differences in Autonomic Nervous System Functioning in Adolescents. <i>Journal of Adolescent Health</i> , 2018, 62, 184-190.	1.2	22
44	The efficacy of EEG neurofeedback aimed at enhancing sensory-motor rhythm theta ratio in healthy subjects. <i>Experimental Brain Research</i> , 2012, 221, 69-74.	0.7	21
45	Actigraphy in the digital health revolution: still asleep?. <i>Sleep</i> , 2018, 41, .	0.6	21
46	Performance of Fitbit Charge 3 against polysomnography in measuring sleep in adolescent boys and girls. <i>Chronobiology International</i> , 2021, 38, 1010-1022.	0.9	21
47	Facing emotions in narcolepsy with cataplexy: haemodynamic and behavioural responses during emotional stimulation. <i>Journal of Sleep Research</i> , 2014, 23, 432-440.	1.7	16
48	Impact of sex steroids and reproductive stage on sleep-dependent memory consolidation in women. <i>Neurobiology of Learning and Memory</i> , 2019, 160, 118-131.	1.0	16
49	Tracking Sleep, Temperature, Heart Rate, and Daily Symptoms Across the Menstrual Cycle with the Oura Ring in Healthy Women. <i>International Journal of Women's Health</i> , 2022, Volume 14, 491-503.	1.1	16
50	Poor Autonomic Nervous System Functioning During Sleep in Recently Detoxified Alcohol-Dependent Men and Women. <i>Alcoholism: Clinical and Experimental Research</i> , 2014, 38, 1373-1380.	1.4	15
51	Cardiac autonomic function during sleep: Effects of alcohol dependence and evidence of partial recovery with abstinence. <i>Alcohol</i> , 2015, 49, 409-415.	0.8	15
52	Impaired off-line motor skills consolidation in young primary insomniacs. <i>Neurobiology of Learning and Memory</i> , 2014, 114, 141-147.	1.0	14
53	Hemodynamic and autonomic modifications during sleep stages in young hypotensive women. <i>Biological Psychology</i> , 2012, 91, 22-27.	1.1	13
54	Cardiac autonomic profile during rest and working memory load in essential hypotensive women. <i>International Journal of Psychophysiology</i> , 2012, 85, 200-205.	0.5	12

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55	Reducing bedtime physiological arousal levels using immersive audio-visual respiratory bio-feedback: a pilot study in women with insomnia symptoms. <i>Journal of Behavioral Medicine</i> , 2019, 42, 973-983.	1.1	12
56	Risk for depression tripled during the COVID-19 pandemic in emerging adults followed for the last 8 years. <i>Psychological Medicine</i> , 2023, 53, 2156-2163.	2.7	12
57	Nocturnal Cardiovascular Activity in Essential Hypotension. <i>Psychosomatic Medicine</i> , 2012, 74, 952-960.	1.3	11
58	Cardiovascular downregulation in essential hypotension: Relationships with autonomic control and sleep. <i>Psychophysiology</i> , 2013, 50, 767-776.	1.2	11
59	Partial K-Complex Recovery Following Short-Term Abstinence in Individuals with Alcohol Use Disorder. <i>Alcoholism: Clinical and Experimental Research</i> , 2015, 39, 1417-1424.	1.4	11
60	Altered nocturnal blood pressure profiles in women with insomnia disorder in the menopausal transition. <i>Menopause</i> , 2017, 24, 278-287.	0.8	11
61	Changes in heart rate and blood pressure during nocturnal hot flashes associated with and without awakenings. <i>Sleep</i> , 2019, 42, .	0.6	11
62	The falling asleep process in adolescents. <i>Sleep</i> , 2020, 43, .	0.6	10
63	Noninvasive neuromodulation reduces symptoms of restless legs syndrome. <i>Journal of Clinical Sleep Medicine</i> , 2021, 17, 1685-1694.	1.4	10
64	Clinical characterization of insomnia in adolescents – an integrated approach to psychopathology. <i>Sleep Medicine</i> , 2022, 93, 26-38.	0.8	10
65	Impaired cerebral and systemic hemodynamics under cognitive load in young hypotensives: a transcranial Doppler study. <i>Journal of Behavioral Medicine</i> , 2013, 36, 134-142.	1.1	9
66	Exploring the Embodiment of a Virtual Hand in a Spatially Augmented Respiratory Biofeedback Setting. <i>Frontiers in Neurorobotics</i> , 2021, 15, 683653.	1.6	9
67	Re-thinking insomnia disorder in adolescents: the importance of an accurate diagnosis. <i>Sleep</i> , 2021, 44, .	0.6	9
68	Sex Differences in Sleep. <i>Current Clinical Neurology</i> , 2020, , 55-64.	0.1	9
69	When sleep goes virtual: the potential of using virtual reality at bedtime to facilitate sleep. <i>Sleep</i> , 2020, 43, .	0.6	8
70	Analysis and prediction of heart rate using speech features from natural speech. , 2017, , .		7
71	Automatic Artifact Detection in Impedance Cardiogram Using Pulse Similarity Index. , 2019, 2019, 2629-2632.		7
72	Impact of evening alcohol consumption on nocturnal autonomic and cardiovascular function in adult men and women: a dose-response laboratory investigation. <i>Sleep</i> , 2021, 44, .	0.6	7

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73	Relationship between cardiovascular resting state and visual attention. <i>Clinical Autonomic Research</i> , 2013, 23, 157-161.	1.4	6
74	Stress, sleep, and autonomic function in healthy adolescent girls and boys: Findings from the NCANDA study. <i>Sleep Health</i> , 2021, 7, 72-78.	1.3	6
75	Reduced cerebral and cardiovascular hemodynamics during sustained affective stimulation in young women with chronic low blood pressure. <i>Physiology and Behavior</i> , 2015, 143, 83-89.	1.0	5
76	Physiological Synchrony: A New Approach Toward Identifying Unknown Presentation Attacks on Biometric Systems. <i>IEEE Transactions on Instrumentation and Measurement</i> , 2021, 70, 1-9.	2.4	4
77	New insight into the neural mechanisms of migraine in adolescents: Relationships with sleep. <i>Headache</i> , 2022, 62, 668-680.	1.8	4
78	A virtual reality-based mind-body approach to downregulate psychophysiological arousal in adolescent insomnia. <i>Digital Health</i> , 2022, 8, 205520762211078.	0.9	4
79	Automatic Detection of Hot Flash Occurrence and Timing from Skin Conductance Activity. , 2018, 2018, 1090-1093.		3
80	Electroencephalographic Slow-Wave Activity During Sleep in Different Phases of Blood Pressure and Respiration Oscillations. , 2019, 2019, 2564-2567.		3
81	Physiological responses to acute psychosocial stress in women with menopausal insomnia. <i>International Journal of Psychophysiology</i> , 2021, 164, 87-94.	0.5	3
82	O2-04-04: Disrupted Sleep in Subjective Cognitive Decline. , 2016, 12, P230-P231.		2
83	Sleep and Circadian Regulation of the Autonomic Nervous System. , 2021, , 63-69.		2
84	0111 A POLYSOMNOGRAPHIC VALIDATION STUDY OF A NOVEL COMMERCIALLY-AVALIABLE MULTISENSORY SLEEP TRACKER. <i>Sleep</i> , 2017, 40, A41-A42.	0.6	1
85	0262 Associations Between Sleep And Mental Health In Children Aged 9 And 10 Years. <i>Sleep</i> , 2019, 42, A107-A107.	0.6	1
86	Evoked K-complexes and altered interaction between the central and autonomic nervous systems during sleep in alcohol use disorder. <i>Alcohol</i> , 2020, 84, 1-7.	0.8	1
87	Effects of forehead cooling and supportive care on menopause-related sleep difficulties, hot flashes and menopausal symptoms: a pilot study. <i>Behavioral Sleep Medicine</i> , 2021, 19, 615-628.	1.1	1
88	Sex differences in sleep. , 2021, , .		1
89	079 Sleep Quality Prediction During the Menstrual Cycle based on Daily Sleep Diary Reports. <i>Sleep</i> , 2021, 44, A33-A33.	0.6	1
90	0049 Screen time and sleep in young adolescents before and across the first year of the COVID-19 pandemic. <i>Sleep</i> , 2022, 45, A22-A23.	0.6	1

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91	Acute and chronic effects of alcohol on autonomic function during sleep. <i>Alcohol</i> , 2017, 60, 230.	0.8	0
92	2.1 Circadian Preference and Sleep Timing Predict Risk for Substance Use in Adolescence: Initial Findings From the Ncanda Study. <i>Journal of the American Academy of Child and Adolescent Psychiatry</i> , 2017, 56, S303.	0.3	0
93	0304 EVIDENCE OF BLUNTED PHYSIOLOGICAL RESPONSES TO ACUTE STRESS IN WOMEN WITH INSOMNIA IN THE MENOPAUSAL TRANSITION. <i>Sleep</i> , 2017, 40, A112-A113.	0.6	0
94	0406 RELATIONSHIP BETWEEN BOTHERSOME SELF-REPORTED HOT FLASHES AND SLEEP QUALITY IN MIDLIFE WOMEN WITH AND WITHOUT INSOMNIA. <i>Sleep</i> , 2017, 40, A151-A151.	0.6	0
95	0032 THE MEDIATING EFFECT OF BRAIN STRUCTURE ON SLEEP SLOW WAVE ACTIVITY DURING ADOLESCENCE. <i>Sleep</i> , 2017, 40, A13-A13.	0.6	0
96	0137 The Falling Asleep Process in Adolescents. <i>Sleep</i> , 2019, 42, A56-A56.	0.6	0
97	0402 Pre-Sleep Psychophysiological Downregulation in Women with Insomnia Symptoms. <i>Sleep</i> , 2019, 42, A163-A163.	0.6	0
98	0112 First Night Effect on Sleep and Heart Rate in Adolescent Boys and Girls: Findings from the NCANDA Study. <i>Sleep</i> , 2019, 42, A46-A46.	0.6	0
99	Validity and potential clinical utility of a consumer and research-grade activity tracker in insomnia disorder: outside the laboratory. <i>Sleep Medicine</i> , 2019, 64, S144-S145.	0.8	0
100	0684 Impact of Hot Flash-Associated Sleep Disruption on the Cardiovascular System in Perimenopausal Women. <i>Sleep</i> , 2019, 42, A274-A274.	0.6	0
101	0482 A Preliminary Study on the Efficacy of Forehead-Cooling for Relieving Menopausal Sleep Difficulties and Hot Flashes. <i>Sleep</i> , 2020, 43, A185-A185.	0.6	0
102	093 Sleep and Mood Across the Menstrual Cycle in Young Women. <i>Sleep</i> , 2021, 44, A39-A39.	0.6	0
103	227 Poor sleep as a predictor of COVID-19 related stress, fear and sadness in young adolescents: a longitudinal study. <i>Sleep</i> , 2021, 44, A90-A91.	0.6	0
104	576 Clinical characterization of insomnia disorder in adolescence. <i>Sleep</i> , 2021, 44, A227-A227.	0.6	0
105	259 Tracking naturalistic sleep over the menstrual cycle with a wearable in healthy young women. <i>Sleep</i> , 2021, 44, A104-A104.	0.6	0
106	The SRI CLEO Speaker-State Corpus. , 0, , .		0
107	Performance of consumer wearable sleep technology. , 2023, , 6-15.		0
108	A novel Hot-Flash classification algorithm via multi-sensor features integration. , 2021, 2021, 2067-2070.		0

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109	0192 Effects of emerging alcohol use on developmental trajectories of functional sleep measures in adolescents. <i>Sleep</i> , 2022, 45, A88-A88.	0.6	0
110	0109 Working Memory across Sleep and the Menstrual Cycle in Young and Midlife Women. <i>Sleep</i> , 2022, 45, A49-A50.	0.6	0