

# Yoko Komada

## List of Publications by Year in descending order

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Version: 2024-02-01

88  
papers

2,585  
citations

196777

29  
h-index

263392

45  
g-index

90  
all docs

90  
docs citations

90  
times ranked

3460  
citing authors

#	ARTICLE	IF	CITATIONS
1	Outdoor daylight exposure and longer sleep promote wellbeing under COVID-19 mandated restrictions. <i>Journal of Sleep Research</i> , 2022, 31, e13471.	1.7	30
2	Social jetlag among Japanese adolescents: Association with irritable mood, daytime sleepiness, fatigue, and poor academic performance. <i>Chronobiology International</i> , 2022, 39, 311-322.	0.9	26
3	Changes in sleep behavior, sleep problems, and psychological distress/health-related quality of life of young Japanese individuals before and during the COVID-19 pandemic. <i>Chronobiology International</i> , 2022, 39, 781-791.	0.9	4
4	Effects of loneliness and social isolation on sleep health. <i>Sleep and Biological Rhythms</i> , 2022, 20, 149-149.	0.5	2
5	Prevalence and Factors Associated With the Risk of Delayed Sleep-Wake Phase Disorder in Japanese Youth. <i>Frontiers in Psychiatry</i> , 2022, 13, .	1.3	3
6	A Longitudinal Study of Subjective Daytime Sleepiness Changes in Elementary School Children Following a Temporary School Closure Due to COVID-19. <i>Children</i> , 2021, 8, 183.	0.6	7
7	Sleep Debt and Social Jetlag Associated with Sleepiness, Mood, and Work Performance among Workers in Japan. <i>International Journal of Environmental Research and Public Health</i> , 2021, 18, 2908.	1.2	22
8	The Relationship between the Lunar Phase, Menstrual Cycle Onset and Subjective Sleep Quality among Women of Reproductive Age. <i>International Journal of Environmental Research and Public Health</i> , 2021, 18, 3245.	1.2	7
9	Reliability and validity of the Japanese version of the Biological Rhythms Interview of assessment in neuropsychiatry-self report for delayed sleep-wake phase disorder. <i>Sleep Medicine</i> , 2021, 81, 288-293.	0.8	9
10	A Cross-Sectional Study of Evening Hyperphagia and Nocturnal Ingestion: Core Constituents of Night Eating Syndrome with Different Background Factors. <i>Nutrients</i> , 2021, 13, 4179.	1.7	5
11	Relationship of women's reproductive health and menstrual problems with sleep and circadian rhythm. <i>Sleep and Biological Rhythms</i> , 2020, 18, 1-1.	0.5	4
12	The Effects of Milk and Dairy Products on Sleep: A Systematic Review. <i>International Journal of Environmental Research and Public Health</i> , 2020, 17, 9440.	1.2	21
13	The effect of short or long sleep duration on quality of life and depression: an internet-based survey in Japan. <i>Sleep Medicine</i> , 2020, 76, 80-85.	0.8	23
14	Prevalence and Associated Factors of Nocturnal Eating Behavior and Sleep-Related Eating Disorder-Like Behavior in Japanese Young Adults: Results of an Internet Survey Using Munich Parasomnia Screening. <i>Journal of Clinical Medicine</i> , 2020, 9, 1243.	1.0	12
15	COVID-19-mandated social restrictions unveil the impact of social time pressure on sleep and body clock. <i>Scientific Reports</i> , 2020, 10, 22225.	1.6	105
16	A survey on social jetlag in Japan: a nationwide, cross-sectional internet survey. <i>Sleep and Biological Rhythms</i> , 2019, 17, 417-422.	0.5	35
17	Correlation among clock gene expression rhythms, sleep quality, and meal conditions in delayed sleep-wake phase disorder and night eating syndrome. <i>Chronobiology International</i> , 2019, 36, 770-783.	0.9	7
18	Social jetlag and menstrual symptoms among female university students. <i>Chronobiology International</i> , 2019, 36, 258-264.	0.9	30

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19	Discrepancy in wake-up time on school days and free days is associated with daytime sleepiness, lowered mental/physical health and poor academic performance. <i>Shinrigaku Kenkyu</i> , 2019, 90, 378-388.	0.1	3
20	Comprehensive assessment of the impact of life habits on sleep disturbance, chronotype, and daytime sleepiness among high-school students. <i>Sleep Medicine</i> , 2018, 44, 12-18.	0.8	34
21	Circadian Rhythm Sleep-Wake Disorders Predict Shorter Time to Relapse of Mood Episodes in Euthymic Patients With Bipolar Disorder. <i>Journal of Clinical Psychiatry</i> , 2018, 79, 17m11565.	1.1	40
22	Excessive daytime sleepiness in adults with possible attention deficit/hyperactivity disorder (ADHD): a web-based cross-sectional study. <i>Sleep Medicine</i> , 2017, 32, 4-9.	0.8	22
23	Circadian rhythm sleep-wake disorders as predictors for bipolar disorder in patients with remitted mood disorders. <i>Journal of Affective Disorders</i> , 2017, 220, 57-61.	2.0	30
24	Higher sleep reactivity and insomnia mutually aggravate depressive symptoms: a cross-sectional epidemiological study in Japan. <i>Sleep Medicine</i> , 2017, 33, 130-133.	0.8	9
25	Relationship between Self-Reported Dietary Nutrient Intake and Self-Reported Sleep Duration among Japanese Adults. <i>Nutrients</i> , 2017, 9, 134.	1.7	39
26	Prevalence, symptomatic features, and factors associated with sleep disturbance/insomnia in Japanese patients with type-2 diabetes. <i>Neuropsychiatric Disease and Treatment</i> , 2017, Volume 13, 1873-1880.	1.0	37
27	Comparison of clinical features between primary and drug-induced sleep-related eating disorder. <i>Neuropsychiatric Disease and Treatment</i> , 2016, 12, 1275.	1.0	12
28	Prevalence of Circadian Rhythm Sleep-Wake Disorders and Associated Factors in Euthymic Patients with Bipolar Disorder. <i>PLoS ONE</i> , 2016, 11, e0159578.	1.1	47
29	Association between the high-dose use of benzodiazepines and rehospitalization in patients with schizophrenia: a 2-year naturalistic study. <i>Neuropsychiatric Disease and Treatment</i> , 2016, Volume 12, 3243-3247.	1.0	3
30	Social jetlag affects subjective daytime sleepiness in school-aged children and adolescents: A study using the Japanese version of the Pediatric Daytime Sleepiness Scale (PDSS-J). <i>Chronobiology International</i> , 2016, 33, 1311-1319.	0.9	56
31	Later sleep schedule and depressive symptoms are associated with usage of multiple kinds of hypnotics. <i>Sleep Medicine</i> , 2016, 25, 56-62.	0.8	2
32	Prevalence of and Factors Associated With Sleep-Related Eating Disorder in Psychiatric Outpatients Taking Hypnotics. <i>Journal of Clinical Psychiatry</i> , 2016, 77, e892-e898.	1.1	7
33	Mandibular Advancement Device as a Comparable Treatment to Nasal Continuous Positive Airway Pressure for Positional Obstructive Sleep Apnea. <i>Journal of Clinical Sleep Medicine</i> , 2016, 12, 1113-1119.	1.4	26
34	Prevalence and associated factors of hypnotics dependence among Japanese outpatients with psychiatric disorders. <i>Psychiatry Research</i> , 2015, 230, 958-963.	1.7	13
35	Effects of television luminance and wavelength at habitual bedtime on melatonin and cortisol secretion in humans. <i>Sleep and Biological Rhythms</i> , 2015, 13, 316-322.	0.5	10
36	Japanese version of the Munich Parasomnia Screening: translation and linguistic validation of a screening instrument for parasomnias and nocturnal behaviors. <i>Neuropsychiatric Disease and Treatment</i> , 2015, 11, 2953.	1.0	3

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37	Impact of hypnotics use on daytime function and factors associated with usage by female shift work nurses. <i>Sleep Medicine</i> , 2015, 16, 604-611.	0.8	12
38	A preliminary study on the relationships between diurnal melatonin secretion profile and sleep variables in patients emergently admitted to the coronary care unit. <i>Chronobiology International</i> , 2015, 32, 875-879.	0.9	19
39	Sleepiness at the Wheel and Countermeasures. , 2015, , 271-277.		0
40	Internet-Based Survey of Factors Associated with Subjective Feeling of Insomnia, Depression, and Low Health-Related Quality of Life Among Japanese Adults with Sleep Difficulty. <i>International Journal of Behavioral Medicine</i> , 2015, 22, 233-238.	0.8	11
41	Sleep loss, sleep disorders and driving accidents. <i>Sleep and Biological Rhythms</i> , 2014, 12, 96-105.	0.5	13
42	Factors Associated with Duration Before Receiving Definitive Diagnosis of Narcolepsy among Japanese Patients Affected with the Disorder. <i>International Journal of Behavioral Medicine</i> , 2014, 21, 966-970.	0.8	5
43	Effect of delayed sleep phase during university life on the daytime functioning in work life after graduation. <i>Sleep Medicine</i> , 2014, 15, 1155-1158.	0.8	15
44	Daytime dysfunction in children with restless legs syndrome. <i>Journal of the Neurological Sciences</i> , 2014, 336, 232-236.	0.3	34
45	Impact of frequency of nightmares comorbid with insomnia on depression in Japanese rural community residents: a cross-sectional study. <i>Sleep Medicine</i> , 2014, 15, 371-374.	0.8	20
46	Factors Associated with Long-Term Use of Hypnotics among Patients with Chronic Insomnia. <i>PLoS ONE</i> , 2014, 9, e113753.	1.1	18
47	Short sleep duration, sleep disorders, and traffic accidents. <i>IATSS Research</i> , 2013, 37, 1-7.	1.8	30
48	Factors Associated With Shift Work Disorder in Nurses Working With Rapid-Rotation Schedules in Japan: The Nurses' Sleep Health Project. <i>Chronobiology International</i> , 2013, 30, 628-636.	0.9	113
49	Oropharyngeal Crowding and Obesity as Predictors of Oral Appliance Treatment Response to Moderate Obstructive Sleep Apnea. <i>Chest</i> , 2013, 144, 558-563.	0.4	48
50	Is Nocturnal Panic a Distinct Disease Category? Comparison of Clinical Characteristics among Patients with Primary Nocturnal Panic, Daytime Panic, and Coexistence of Nocturnal and Daytime Panic. <i>Journal of Clinical Sleep Medicine</i> , 2013, 09, 461-467.	1.4	16
51	Possible Mechanism of Secondary Narcolepsy with a Long Sleep Time Following Surgery for Craniopharyngioma. <i>Internal Medicine</i> , 2012, 51, 413-417.	0.3	17
52	Short Sleep Duration, Snoring and Subjective Sleep Insufficiency Are Independent Factors Associated with both Falling Asleep and Feeling Sleepiness while Driving. <i>Internal Medicine</i> , 2012, 51, 3253-3260.	0.3	21
53	A two-year follow-up study on the symptoms of sleep disturbances/insomnia and their effects on daytime functioning. <i>Sleep Medicine</i> , 2012, 13, 1115-1121.	0.8	29
54	Melatonin profile and its relation to circadian rhythm sleep disorders in Angelman syndrome patients. <i>Sleep Medicine</i> , 2012, 13, 1164-1170.	0.8	62

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55	Quality of life in patients with narcolepsy with cataplexy, narcolepsy without cataplexy, and idiopathic hypersomnia without long sleep time: Comparison between patients on psychostimulants, drug-naïve patients and the general Japanese population. <i>Sleep Medicine</i> , 2012, 13, 200-206.	0.8	76
56	The factors associated with preferences for napping and drinking coffee as countermeasures for sleepiness at the wheel among Japanese drivers. <i>Sleep Medicine</i> , 2012, 13, 354-361.	0.8	15
57	Effects of nasal continuous positive airway pressure on panic disorder comorbid with obstructive sleep apnea syndrome. <i>Sleep Medicine</i> , 2012, 13, 156-160.	0.8	30
58	Relationship between napping pattern and nocturnal sleep among Japanese nursery school children. <i>Sleep Medicine</i> , 2012, 13, 107-110.	0.8	38
59	Factors associated with severity of daytime sleepiness and indications for initiating treatment in patients with periodic limb movements during sleep. <i>Sleep and Biological Rhythms</i> , 2012, 10, 187-194.	0.5	1
60	Differences in findings of nocturnal polysomnography and multiple sleep latency test between narcolepsy and idiopathic hypersomnia. <i>Clinical Neurophysiology</i> , 2012, 123, 137-141.	0.7	41
61	Change in frequency of periodic limb movements during sleep with usage of continuous positive airway pressure in obstructive sleep apnea syndrome. <i>Journal of the Neurological Sciences</i> , 2012, 317, 13-16.	0.3	23
62	Effect of post-learning sleep versus wakefulness on advantageous decision-making: A preliminary study. <i>Sleep and Biological Rhythms</i> , 2012, 10, 72-74.	0.5	4
63	Insomnia as a Risk for Depression. <i>Journal of Clinical Psychiatry</i> , 2012, 73, 377-383.	1.1	53
64	Effects of sleep-wake pattern on psychological distress in new recruits. The Proceedings of the Annual Convention of the Japanese Psychological Association, 2012, 76, 2EVB09-2EVB09.	0.0	0
65	Detecting deteriorated vigilance using percentage of eyelid closure time during behavioral maintenance of wakefulness tests. <i>International Journal of Psychophysiology</i> , 2011, 82, 269-274.	0.5	77
66	Relation between morningness-eveningness score and depressive symptoms among patients with delayed sleep phase syndrome. <i>Sleep Medicine</i> , 2011, 12, 680-684.	0.8	88
67	Prevalence and clinical characteristics of restless legs syndrome in chronic kidney disease patients. <i>Sleep Medicine</i> , 2011, 12, 1031-1033.	0.8	35
68	Short Sleep Duration and Irregular Bedtime Are Associated with Increased Behavioral Problems among Japanese Preschool-Age Children. <i>Tohoku Journal of Experimental Medicine</i> , 2011, 224, 127-136.	0.5	44
69	Correlations among insomnia symptoms, sleep medication use and depressive symptoms. <i>Psychiatry and Clinical Neurosciences</i> , 2011, 65, 20-29.	1.0	27
70	A meta-analysis on the treatment effectiveness of cognitive behavioral therapy for primary insomnia. <i>Sleep and Biological Rhythms</i> , 2011, 9, 24-34.	0.5	230
71	Questionnaire-based evidence of association between sleepiness while driving and motor vehicle crashes that are subjectively not caused by falling asleep. <i>Sleep and Biological Rhythms</i> , 2011, 9, 134-143.	0.5	12
72	Excessive Daytime Sleepiness Among Japanese Public Transportation Drivers Engaged in Shiftwork. <i>Journal of Occupational and Environmental Medicine</i> , 2010, 52, 813-818.	0.9	28

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73	Exploring the Daily Activities Associated with Delayed Bedtime of Japanese University Students. <i>Tohoku Journal of Experimental Medicine</i> , 2010, 221, 245-249.	0.5	22
74	Short sleep duration and long spells of driving are associated with the occurrence of Japanese drivers' rear-end collisions and single-car accidents. <i>Journal of Sleep Research</i> , 2010, 19, 310-316.	1.7	43
75	Effects of insomnia and sleep medication on health-related quality of life. <i>Sleep Medicine</i> , 2010, 11, 452-457.	0.8	64
76	Gender Differences in the Clinical Characteristics Among Japanese Patients With Obstructive Sleep Apnea Syndrome. <i>Chest</i> , 2009, 135, 337-343.	0.4	48
77	Sleep bruxism and its relationship to sleep habits and lifestyle of elementary school children in Japan. <i>Sleep and Biological Rhythms</i> , 2009, 7, 93-102.	0.5	12
78	Comparison of clinical characteristics among narcolepsy with and without cataplexy and idiopathic hypersomnia without long sleep time, focusing on HLA-DRB1*1501/DQB1*0602 finding. <i>Sleep Medicine</i> , 2009, 10, 961-966.	0.8	45
79	Elevated Risk of Motor Vehicle Accident for Male Drivers with Obstructive Sleep Apnea Syndrome in the Tokyo Metropolitan Area. <i>Tohoku Journal of Experimental Medicine</i> , 2009, 219, 11-16.	0.5	50
80	Irregular Sleep Habits of Parents Are Associated with Increased Sleep Problems and Daytime Sleepiness of Children. <i>Tohoku Journal of Experimental Medicine</i> , 2009, 219, 85-89.	0.5	23
81	Heart rate variability and body temperature during the sleep onset period. <i>Sleep and Biological Rhythms</i> , 2008, 6, 42-49.	0.5	21
82	Clinical significance and correlates of behaviorally induced insufficient sleep syndrome. <i>Sleep Medicine</i> , 2008, 9, 851-856.	0.8	52
83	Health-Related Quality of Life Among Drug-Naïve Patients with Narcolepsy with Cataplexy, Narcolepsy Without Cataplexy, and Idiopathic Hypersomnia Without Long Sleep Time. <i>Journal of Clinical Sleep Medicine</i> , 2008, 04, 572-578.	1.4	65
84	Health-related quality of life among drug-naïve patients with narcolepsy with cataplexy, narcolepsy without cataplexy, and idiopathic hypersomnia without long sleep time. <i>Journal of Clinical Sleep Medicine</i> , 2008, 4, 572-8.	1.4	21
85	Effects of Acute Simulated Microgravity on Nocturnal Sleep, Daytime Vigilance, and Psychomotor Performance: Comparison of Horizontal and 6° Head-Down Bed Rest. <i>Perceptual and Motor Skills</i> , 2006, 103, 307-317.	0.6	12
86	Difference in the characteristics of subjective and objective sleepiness between narcolepsy and essential hypersomnia. <i>Psychiatry and Clinical Neurosciences</i> , 2005, 59, 194-199.	1.0	41
87	Heart rate variability under acute simulated microgravity during daytime waking state and nocturnal sleep: Comparison of horizontal and 6° head-down bed rest. <i>Neuroscience Letters</i> , 2005, 383, 115-120.	1.0	11
88	Is the sleep initiating process affected by psychological factors?. <i>Psychiatry and Clinical Neurosciences</i> , 2001, 55, 177-178.	1.0	4