Sara Carole Mednick

List of Publications by Year
in descending order

88 papers	4,937 citations	136950 32 h-index	102487 66 g-index
100 all docs	100 docs citations	100 times ranked	4748 citing authors

#	Article	IF	Citations
1	Zolpidem Maintains Memories for Negative Emotions Across a Night of Sleep. Affective Science, 2022, 3, 389-399.	2.6	3
2	Progressive muscle relaxation increases slowâ€wave sleep during a daytime nap. Journal of Sleep Research, 2022, 31, e13574.	3.2	3
3	Tracking Sleep, Temperature, Heart Rate, and Daily Symptoms Across the Menstrual Cycle with the Oura Ring in Healthy Women. International Journal of Women's Health, 2022, Volume 14, 491-503.	2.6	16
4	The role of sleep for episodic memory consolidation: Stabilizing or rescuing?. Neurobiology of Learning and Memory, 2022, 191, 107621.	1.9	5
5	0112 Classification of reconstructed depth profiles shows Global and non-Global slow oscillations differentiate in the hippocampus and thalamus. Sleep, 2022, 45, A50-A51.	1.1	0
6	Autonomic central coupling during daytime sleep differs between older and younger people. Neurobiology of Learning and Memory, 2022, 193, 107646.	1.9	0
7	The space-time profiles of sleep spindles and their coordination with slow oscillations on the electrode manifold. Sleep, 2022, 45, .	1.1	6
8	Slow oscillations promote long-range effective communication: The key for memory consolidation in a broken-down network. Proceedings of the National Academy of Sciences of the United States of America, 2022, 119, .	7.1	14
9	The effect of interference, offline sleep, and wake on spatial statistical learning. Neurobiology of Learning and Memory, 2022, 193, 107650.	1.9	2
10	Ageâ€related losses in cardiac autonomic activity during a daytime nap. Psychophysiology, 2021, 58, e13701.	2.4	11
11	Slow oscillation density and amplitude decrease across development in pediatric Duchenne and Becker muscular dystrophy. Sleep, 2021, 44, .	1.1	3
12	Psychostimulants may block long-term memory formation via degraded sleep in healthy adults. Neurobiology of Learning and Memory, 2021, 178, 107342.	1.9	5
13	161 Sleep, Emotion, and Physical Activity in Older Adults Who Engage in Resonant Breathing Biofeedback. Sleep, 2021, 44, A65-A66.	1.1	0
14	055 Novel sleep-dependent spatial memory and navigation task using Minecraft. Sleep, 2021, 44, A23-A23.	1.1	0
15	259 Tracking naturalistic sleep over the menstrual cycle with a wearable in healthy young women. Sleep, 2021, 44, A104-A104.	1.1	0
16	030 The sleeping brain switches from frontal-subcortical working memory to hippocampal episodic memory processing during NREM sleep. Sleep, 2021, 44, A14-A14.	1.1	0
17	Competitive dynamics underlie cognitive improvements during sleep. Proceedings of the National Academy of Sciences of the United States of America, 2021, 118, .	7.1	8
18	New directions in sleep and memory research: the role of autonomic activity. Current Opinion in Behavioral Sciences, 2020, 33, 17-24.	3.9	15

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19	Autonomic Activity during a Daytime Nap Facilitates Working Memory Improvement. Journal of Cognitive Neuroscience, 2020, 32, 1963-1974.	2.3	14
20	Autonomic/central coupling benefits working memory in healthy young adults. Neurobiology of Learning and Memory, 2020, 173, 107267.	1.9	12
21	Massive online data annotation, crowdsourcing to generate high quality sleep spindle annotations from EEG data. Scientific Data, 2020, 7, 190.	5.3	23
22	Transient cholinergic enhancement does not significantly affect either the magnitude or selectivity of perceptual learning of visual texture discrimination. Journal of Vision, 2020, 20, 5.	0.3	2
23	The effect of zolpidem on memory consolidation over a night of sleep. Sleep, 2020, 43, .	1.1	45
24	The impact of psychostimulants on sustained attention over a 24-h period. Cognition, 2019, 193, 104015.	2.2	7
25	Human Memories Can Be Linked by Temporal Proximity. Frontiers in Human Neuroscience, 2019, 13, 315.	2.0	14
26	Does working memory improvement benefit from sleep in older adults?. Neurobiology of Sleep and Circadian Rhythms, 2019, 6, 53-61.	2.8	27
27	Midday napping in children: associations between nap frequency and duration across cognitive, positive psychological well-being, behavioral, and metabolic health outcomes. Sleep, 2019, 42, .	1.1	31
28	Timing between Cortical Slow Oscillations and Heart Rate Bursts during Sleep Predicts Temporal Processing Speed, but Not Offline Consolidation. Journal of Cognitive Neuroscience, 2019, 31, 1484-1490.	2.3	9
29	Short Duration Repetitive Transcranial Electrical Stimulation During Sleep Enhances Declarative Memory of Facts. Frontiers in Human Neuroscience, 2019, 13, 123.	2.0	17
30	0081 Parasympathetic Activity During Sleep, But Not Wake, Facilitates Working Memory Improvement: A Comparison Of Young And Older Adults. Sleep, 2019, 42, A33-A34.	1.1	0
31	Morning stimulant administration reduces sleep and overnight working memory improvement. Behavioural Brain Research, 2019, 370, 111940.	2.2	5
32	Coupling of autonomic and central events during sleep benefits declarative memory consolidation. Neurobiology of Learning and Memory, 2019, 157, 139-150.	1.9	29
33	Stimulating the sleeping brain: Current approaches to modulating memory-related sleep physiology. Journal of Neuroscience Methods, 2019, 316, 125-136.	2.5	25
34	Spatio-temporal structure of sleep slow oscillations on the electrode manifold and its relation to spindles. Sleep, 2019, 42, .	1.1	22
35	Impact of sex steroids and reproductive stage on sleep-dependent memory consolidation in women. Neurobiology of Learning and Memory, 2019, 160, 118-131.	1.9	16
36	Perceptual learning induces changes in early and late visual evoked potentials. Vision Research, 2018, 152, 101-109.	1.4	25

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37	Comparing the cardiac autonomic activity profile of daytime naps and nighttime sleep. Neurobiology of Sleep and Circadian Rhythms, 2018, 5, 52-57.	2.8	17
38	To Nap, Perchance to DREAM: A Factor Analysis of College Studentsâ€™ Self-Reported Reasons for Napping. Behavioral Sleep Medicine, 2018, 16, 135-153.	2.1	29
39	Human hippocampal replay during rest prioritizes weakly learned information and predicts memory performance. Nature Communications, 2018, 9, 3920.	12.8	167
40	The impact of frequent napping and nap practice on sleep-dependent memory in humans. Scientific Reports, 2018, 8, 15053.	3.3	31
41	Quantifying sleep architecture dynamics and individual differences using big data and Bayesian networks. PLoS ONE, 2018, 13, e0194604.	2.5	41
42	Closed-Loop Targeted Memory Reactivation during Sleep Improves Spatial Navigation. Frontiers in Human Neuroscience, 2018, 12, 28.	2.0	42
43	Individual differences in compliance and agreement for sleep logs and wrist actigraphy: A longitudinal study of naturalistic sleep in healthy adults. PLoS ONE, 2018, 13, e0191883.	2.5	48
44	The Role of Sleep Spindles in Sleep-Dependent Memory Consolidation. Studies in Neuroscience, Psychology and Behavioral Economics, 2017, , 209-226.	0.3	9
45	Nighttime temperature and human sleep loss in a changing climate. Science Advances, 2017, 3, e1601555.	10.3	180
46	The effect of sex and menstrual phase on memory formation during a nap. Neurobiology of Learning and Memory, 2017, 145, 119-128.	1.9	38
47	Sleep Benefits Memory for Semantic Category Structure While Preserving Exemplar-Specific Information. Scientific Reports, 2017, 7, 14869.	3.3	60
48	The effects of cholinergic enhancement and consolidation duration on perceptual learning of texture discrimination. Journal of Vision, 2017, 17, 1070.	0.3	1
49	Heart rate variability during daytime naps in healthy adults: Autonomic profile and shortâ€term reliability. Psychophysiology, 2016, 53, 473-481.	2.4	38
50	Response to the letter to the editor from Dr. Kawada, â€œComparison of two accelerometers for monitoring sleep: Agreement and validityâ€• Physiology and Behavior, 2016, 163, 333.	2.1	1
51	Autonomic activity during sleep predicts memory consolidation in humans. Proceedings of the National Academy of Sciences of the United States of America, 2016, 113, 7272-7277.	7.1	58
52	Free-living cross-comparison of two wearable monitors for sleep and physical activity in healthy young adults. Physiology and Behavior, 2016, 157, 79-86.	2.1	41
53	Automatic detection of rapid eye movements (REMs): A machine learning approach. Journal of Neuroscience Methods, 2016, 259, 72-82.	2.5	28
54	Modulating acetylcholine during consolidation of sleep-dependent perceptual learning. Journal of Vision, 2016, 16, 550.	0.3	0

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55	Synaptic clustering within dendrites: An emerging theory of memory formation. Progress in Neurobiology, 2015, 126, 19-35.	5.7	149
56	Validation of an Automated Wireless System for Sleep Monitoring During Daytime Naps. Behavioral Sleep Medicine, 2015, 13, 157-168.	2.1	16
57	Sleep after practice reduces the attentional blink. Attention, Perception, and Psychophysics, 2015, 77, 1945-1954.	1.3	17
58	REM sleep rescues learning from interference. Neurobiology of Learning and Memory, 2015, 122, 51-62.	1.9	71
59	Sleep rescues perceptual learning from interference. Journal of Vision, 2015, 15, 1138.	0.3	3
60	Coupling of Thalamocortical Sleep Oscillations Are Important for Memory Consolidation in Humans. PLoS ONE, 2015, 10, e0144720.	2.5	113
61	Same-Sex Sexual Attraction Does Not Spread in Adolescent Social Networks. Archives of Sexual Behavior, 2014, 43, 335-344.	1.9	32
62	The benefit of offline sleep and wake for novel object recognition. Experimental Brain Research, 2014, 232, 1487-1496.	1.5	13
63	Sex differences in sleep-dependent perceptual learning. Vision Research, 2014, 99, 172-179.	1.4	31
64	Personality and Healthy Sleep: The Importance of Conscientiousness and Neuroticism. PLoS ONE, 2014, 9, e90628.	2.5	148
65	Pharmacologically Increasing Sleep Spindles Enhances Recognition for Negative and High-arousal Memories. Journal of Cognitive Neuroscience, 2013, 25, 1597-1610.	2.3	133
66	Napping helps preschoolers learn. Proceedings of the National Academy of Sciences of the United States of America, 2013, 110, 17171-17172.	7.1	8
67	Direct comparison of two actigraphy devices with polysomnographically recorded naps in healthy young adults. Chronobiology International, 2013, 30, 691-698.	2.0	148
68	The Critical Role of Sleep Spindles in Hippocampal-Dependent Memory: A Pharmacology Study. Journal of Neuroscience, 2013, 33, 4494-4504.	3.6	260
69	Nocturnal Continuous Glucose and Sleep Stage Data in Adults with Type 1 Diabetes in Real-World Conditions. Journal of Diabetes Science and Technology, 2013, 7, 1337-1345.	2.2	28
70	The effect of nap frequency on daytime sleep architecture. Physiology and Behavior, 2012, 107, 40-44.	2.1	43
71	The Road Not Taken. Psychological Science, 2012, 23, 288-294.	3.3	106
72	The effect of narrowband 500 nm light on daytime sleep in humans. Physiology and Behavior, 2011, 103, 197-202.	2.1	13

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73	An opportunistic theory of cellular and systems consolidation. Trends in Neurosciences, 2011, 34, 504-514.	8.6	207
74	Actigraphic assessment of a polysomnographic-recorded nap: a validation study. Journal of Sleep Research, 2011, 20, 214-222.	3.2	84
75	The Spread of Sleep Loss Influences Drug Use in Adolescent Social Networks. PLoS ONE, 2010, 5, e9775.	2.5	126
76	Comparing Models of Sleep-dependent Memory Consolidation. Journal of Experimental and Clinical Medicine, 2010, 2, 156-164.	0.2	5
77	The role of sleep and practice in implicit and explicit motor learning. Behavioural Brain Research, 2010, 214, 470-474.	2.2	47
78	Perceptual learning after a nap: The Mini-Me of Sleep. Journal of Vision, 2010, 3, 178-178.	0.3	0
79	REM, not incubation, improves creativity by priming associative networks. Proceedings of the National Academy of Sciences of the United States of America, 2009, 106, 10130-10134.	7.1	391
80	Sleep and rest facilitate implicit memory in a visual search task. Vision Research, 2009, 49, 2557-2565.	1.4	58
81	Comparing the benefits of caffeine, naps and placebo on verbal, motor and perceptual memory. Behavioural Brain Research, 2008, 193, 79-86.	2.2	124
82	Sleep-dependent learning and practice-dependent deterioration in an orientation discrimination task.. Behavioral Neuroscience, 2008, 122, 267-272.	1.2	20
83	Perceptual Deterioration is Reflected in the Neural Response: Fmri Study of Nappers and Non-Nappers. Perception, 2008, 37, 1086-1097.	1.2	21
84	The time course and specificity of perceptual deterioration. Proceedings of the National Academy of Sciences of the United States of America, 2005, 102, 3881-3885.	7.1	75
85	Childhood laterality and adult schizophrenia spectrum disorders: a prospective investigation. Schizophrenia Research, 2005, 72, 151-160.	2.0	62
86	The neural basis of the psychomotor vigilance task. Sleep, 2005, 28, 1059-68.	1.1	287
87	Sleep-dependent learning: a nap is as good as a night. Nature Neuroscience, 2003, 6, 697-698.	14.8	550
88	The restorative effect of naps on perceptual deterioration. Nature Neuroscience, 2002, 5, 677-681.	14.8	298