

Colin A Espie

List of Publications by Year in descending order

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Version: 2024-02-01

229
papers

18,665
citations

18887

64
h-index

16791

127
g-index

240
all docs

240
docs citations

240
times ranked

12650
citing authors

#	ARTICLE	IF	CITATIONS
1	A Micro-Longitudinal Study of Naps, Sleep Disturbance, and Headache Severity in Women with Chronic Migraine. <i>Behavioral Sleep Medicine</i> , 2023, 21, 117-128.	1.1	3
2	Dreamâ€enactment behaviours during the <scp>COVID</scp>â€19 pandemic: an international <scp>COVID</scp>â€19 sleep study. <i>Journal of Sleep Research</i> , 2023, 32, .	1.7	10
3	The effect of sleep continuity disruption on multimodal emotion processing and regulation: a laboratoryâ€based, randomised, controlled experiment in good sleepers. <i>Journal of Sleep Research</i> , 2023, 32, e13634.	1.7	4
4	Evening-types show highest increase of sleep and mental health problems during the COVID-19 pandemicâ€multinational study on 19 267 adults. <i>Sleep</i> , 2022, 45, .	0.6	42
5	The effect of sleep restriction therapy for insomnia on sleep pressure and arousal: a randomized controlled mechanistic trial. <i>Sleep</i> , 2022, 45, .	0.6	18
6	The â€5 principlesâ€™ of good sleep health. <i>Journal of Sleep Research</i> , 2022, 31, e13502.	1.7	9
7	Psychological and behavioural interventions in bipolar disorder that target sleep and circadian rhythms: A systematic review of randomised controlled trials. <i>Neuroscience and Biobehavioral Reviews</i> , 2022, 132, 378-390.	2.9	12
8	Sleep in the time of COVID-19: findings from 17000 school-aged children and adolescents in the UK during the first national lockdown. <i>SLEEP Advances</i> , 2022, 3, zpab021.	0.1	19
9	Nightmares in People with COVID-19: Did Coronavirus Infect Our Dreams?. <i>Nature and Science of Sleep</i> , 2022, Volume 14, 93-108.	1.4	25
10	A qualitative examination of the usability of a digital cognitive behavioral therapy for insomnia program after stroke. <i>Brain Injury</i> , 2022, 36, 271-278.	0.6	4
11	Scientists Against War: A Plea to World Leaders for Better Governance. <i>Sleep and Vigilance</i> , 2022, 6, 1-6.	0.4	6
12	Insomnia disorder: State of the science and challenges for the future. <i>Journal of Sleep Research</i> , 2022, 31, .	1.7	77
13	The association between race- and ethnicity-related stressors and sleep: the role of rumination and anxiety sensitivity. <i>Sleep</i> , 2022, 45, .	0.6	5
14	Cost-effectiveness of digital cognitive behavioral therapy (<i>Sleepio</i>) for insomnia: a Markov simulation model in the United States. <i>Sleep</i> , 2021, 44, .	0.6	26
15	Feasibility and efficacy of a digital CBT intervention for symptoms of Generalized Anxiety Disorder: A randomized multiple-baseline study. <i>Journal of Behavior Therapy and Experimental Psychiatry</i> , 2021, 70, 101609.	0.6	16
16	Sleep and circadian problems during the coronavirus disease 2019 (COVIDâ€19) pandemic: the International COVIDâ€19 Sleep Study (ICOSS). <i>Journal of Sleep Research</i> , 2021, 30, e13206.	1.7	54
17	Insomnia as a mediating therapeutic target for depressive symptoms: A subâ€analysis of participant data from two large randomized controlled trials of a digital sleep intervention. <i>Journal of Sleep Research</i> , 2021, 30, e13140.	1.7	39
18	Digital medicine for insomnia. , 2021, , .		0

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19	The association between high risk of sleep apnea, comorbidities, and risk of COVID-19: a population-based international harmonized study. <i>Sleep and Breathing</i> , 2021, 25, 849-860.	0.9	37
20	The natural history of insomnia: predisposing, precipitating, coping, and perpetuating factors over the early developmental course of insomnia. <i>Sleep</i> , 2021, 44, .	0.6	44
21	The clinical effects of sleep restriction therapy for insomnia: A meta-analysis of randomised controlled trials. <i>Sleep Medicine Reviews</i> , 2021, 58, 101493.	3.8	34
22	Implementation of a digital cognitive behavioral therapy for insomnia pathway in primary care. <i>Contemporary Clinical Trials</i> , 2021, 107, 106484.	0.8	8
23	Does adjunctive digital CBT for insomnia improve clinical outcomes in an improving access to psychological therapies service?. <i>Behaviour Research and Therapy</i> , 2021, 144, 103922.	1.6	18
24	How our Dreams Changed During the COVID-19 Pandemic: Effects and Correlates of Dream Recall Frequency - a Multinational Study on 19,355 Adults. <i>Nature and Science of Sleep</i> , 2021, Volume 13, 1573-1591.	1.4	30
25	Insomnia, anxiety, and depression during the COVID-19 pandemic: an international collaborative study. <i>Sleep Medicine</i> , 2021, 87, 38-45.	0.8	177
26	Cognitive behavioral therapy for insomnia in patients with chronic pain – A systematic review and meta-analysis of randomized controlled trials. <i>Sleep Medicine Reviews</i> , 2021, 60, 101460.	3.8	79
27	Social Jetlag Changes During the COVID-19 Pandemic as a Predictor of Insomnia – A Multi-National Survey Study. <i>Nature and Science of Sleep</i> , 2021, Volume 13, 1711-1722.	1.4	21
28	The acute effects of sleep restriction therapy for insomnia on circadian timing and vigilance. <i>Journal of Sleep Research</i> , 2021, 30, e13260.	1.7	15
29	Sleep and daytime problems during the COVID-19 pandemic and effects of coronavirus infection, confinement and financial suffering: a multinational survey using a harmonised questionnaire. <i>BMJ Open</i> , 2021, 11, e050672.	0.8	41
30	The Impact of COVID-19 on Sleep Quality in People Living With Disabilities. <i>Frontiers in Psychology</i> , 2021, 12, 786904.	1.1	9
31	Is digital cognitive behavioural therapy for insomnia effective in treating sub-threshold insomnia: a pilot RCT. <i>Sleep Medicine</i> , 2020, 66, 174-183.	0.8	27
32	The European Academy for Cognitive Behavioural Therapy for Insomnia: An initiative of the European Insomnia Network to promote implementation and dissemination of treatment. <i>Journal of Sleep Research</i> , 2020, 29, e12967.	1.7	138
33	The Teensleep study: the effectiveness of a school-based sleep education programme at improving early adolescent sleep. <i>Sleep Medicine: X</i> , 2020, 2, 100011.	0.5	24
34	Efficacy of digital cognitive behavioral therapy for moderate-to-severe symptoms of generalized anxiety disorder: A randomized controlled trial. <i>Depression and Anxiety</i> , 2020, 37, 1168-1178.	2.0	31
35	Determinants of and barriers to adoption of digital therapeutics for mental health at scale in the NHS. <i>BMJ Innovations</i> , 2020, 6, 92-98.	1.0	21
36	Primary care treatment of insomnia: study protocol for a pragmatic, multicentre, randomised controlled trial comparing nurse-delivered sleep restriction therapy to sleep hygiene (the HABIT) Tj ETQq0 0 0 rgBT (Overlock 10 Tf 50 52		

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37	Dealing with sleep problems during home confinement due to the COVID-19 outbreak: Practical recommendations from a task force of the European CBT Academy. <i>Journal of Sleep Research</i> , 2020, 29, e13052.	1.7	688
38	Digital Cognitive Behavioral Therapy for Insomnia in Women With Chronic Migraines. <i>Headache</i> , 2020, 60, 902-915.	1.8	24
39	Long-term benefits of digital cognitive behavioural therapy for insomnia: Follow-up report from a randomized clinical trial. <i>Journal of Sleep Research</i> , 2020, 29, e13018.	1.7	17
40	The effects of digital cognitive behavioral therapy for insomnia on cognitive function: a randomized controlled trial. <i>Sleep</i> , 2020, 43, .	0.6	36
41	British Association for Psychopharmacology consensus statement on evidence-based treatment of insomnia, parasomnias and circadian rhythm disorders: An update. <i>Journal of Psychopharmacology</i> , 2019, 33, 923-947.	2.0	173
42	Depression prevention via digital cognitive behavioral therapy for insomnia: a randomized controlled trial. <i>Sleep</i> , 2019, 42, .	0.6	98
43	Cognitive Behavioural Therapy for Nightmares for Patients with Persecutory Delusions (Nites): An Assessor-Blind, Pilot Randomized Controlled Trial. <i>Canadian Journal of Psychiatry</i> , 2019, 64, 070674371984742.	0.9	29
44	0119 The Effect Of Sleep Continuity Disruption On Threat-related Attentional Bias: Randomised Controlled Experiment In Good Sleepers. <i>Sleep</i> , 2019, 42, A49-A50.	0.6	1
45	A classical test theory evaluation of the Sleep Condition Indicator accounting for the ordinal nature of item response data. <i>PLoS ONE</i> , 2019, 14, e0213533.	1.1	5
46	Screening for insomnia in primary care: using a two-item version of the Sleep Condition Indicator. <i>British Journal of General Practice</i> , 2019, 69, 79-80.	0.7	29
47	Slumber at scale: a digital solution for a tiresome problem. <i>British Journal of General Practice</i> , 2019, 69, 488.2-488.	0.7	3
48	DREAMS-START (Dementia RElAted Manual for Sleep; STRategies for RelaTives) for people with dementia and sleep disturbances: a single-blind feasibility and acceptability randomized controlled trial. <i>International Psychogeriatrics</i> , 2019, 31, 251-265.	0.6	32
49	Challenges in implementing and assessing outcomes of school start time change in the UK: experience of the Oxford Teensleep study. <i>Sleep Medicine</i> , 2019, 60, 89-95.	0.8	20
50	Insomnia in breast cancer: a prospective observational study. <i>Sleep</i> , 2019, 42, .	0.6	47
51	Effect of Digital Cognitive Behavioral Therapy for Insomnia on Health, Psychological Well-being, and Sleep-Related Quality of Life: A Randomized Clinical Trial. <i>JAMA Psychiatry</i> , 2019, 76, 21.	6.0	269
52	Adapted CBT to Stabilize Sleep on Psychiatric Wards: a Transdiagnostic Treatment Approach. <i>Behavioural and Cognitive Psychotherapy</i> , 2018, 46, 661-675.	0.9	28
53	Can Circadian Dysregulation Exacerbate Migraines?. <i>Headache</i> , 2018, 58, 1040-1051.	1.8	33
54	Insomnia symptoms and their association with workplace productivity: cross-sectional and pre-post intervention analyses from a large multinational manufacturing company. <i>Sleep Health</i> , 2018, 4, 307-312.	1.3	41

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55	Acceptability, tolerability, and potential efficacy of cognitive behavioural therapy for Insomnia Disorder subtypes defined by polysomnography: A retrospective cohort study. <i>Scientific Reports</i> , 2018, 8, 6664.	1.6	29
56	European Portuguese Adaptation of Glasgow Content of Thoughts Inventory (GCTI): Psychometric Characterization in Higher Education Students. <i>Behavioral Medicine</i> , 2018, 44, 11-18.	1.0	2
57	The Sleep Condition Indicator: reference values derived from a sample of 200,000 adults. <i>Journal of Sleep Research</i> , 2018, 27, e12643.	1.7	47
58	Stabilising sleep for patients admitted at acute crisis to a psychiatric hospital (OWLS): an assessor-blind pilot randomised controlled trial. <i>Psychological Medicine</i> , 2018, 48, 1694-1704.	2.7	58
59	An intervention to improve sleep for people living with dementia: Reflections on the development and co-production of DREAMS:START (Dementia RElAted Manual for Sleep: STRAtegies for RelaTives). <i>Dementia</i> , 2018, 17, 976-989.	1.0	13
60	Digital medicine needs to work. <i>Lancet</i> , The, 2018, 392, 2694.	6.3	5
61	How does sleep restriction therapy for insomnia work? A systematic review of mechanistic evidence and the introduction of the Triple-R model. <i>Sleep Medicine Reviews</i> , 2018, 42, 127-138.	3.8	51
62	Evidence-based psychological therapies for insomnia. <i>Lancet</i> , The, 2018, 392, 735.	6.3	6
63	Sham sleep feedback delivered via actigraphy biases daytime symptom reports in people with insomnia: Implications for insomnia disorder and wearable devices. <i>Journal of Sleep Research</i> , 2018, 27, e12726.	1.7	32
64	Delivering digital cognitive behavioral therapy for insomnia at scale: does using a wearable device to estimate sleep influence therapy?. <i>Npj Digital Medicine</i> , 2018, 1, 3.	5.7	14
65	A manual-based intervention for carers of people with dementia and sleep disturbances: an acceptability and feasibility RCT. <i>Health Technology Assessment</i> , 2018, 22, 1-408.	1.3	7
66	Digital Cognitive Behavioral Therapy (dCBT) for Insomnia: a State-of-the-Science Review. <i>Current Sleep Medicine Reports</i> , 2017, 3, 48-56.	0.7	106
67	Treating Depression and Anxiety with Digital Cognitive Behavioural Therapy for Insomnia: A Real World NHS Evaluation Using Standardized Outcome Measures. <i>Behavioural and Cognitive Psychotherapy</i> , 2017, 45, 91-96.	0.9	56
68	An Objective Short Sleep Insomnia Disorder Subtype Is Associated With Reduced Brain Metabolite Concentrations In Vivo: A Preliminary Magnetic Resonance Spectroscopy Assessment. <i>Sleep</i> , 2017, 40, .	0.6	19
69	The effects of improving sleep on mental health (OASIS): a randomised controlled trial with mediation analysis. <i>Lancet Psychiatry</i> , the, 2017, 4, 749-758.	3.7	459
70	European guideline for the diagnosis and treatment of insomnia. <i>Journal of Sleep Research</i> , 2017, 26, 675-700.	1.7	1,334
71	Feasibility of a UK community-based, eTherapy mental health service in Greater Manchester: repeated-measures and between-groups study of "Living Life to the Full Interactive"™, "Sleepio"™ and "Breaking Free Online"™ at "Self Help Services"™. <i>BMJ Open</i> , 2017, 7, e016392.	0.8	25
72	Sleep and cognitive performance: cross-sectional associations in the UK Biobank. <i>Sleep Medicine</i> , 2017, 38, 85-91.	0.8	102

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73	Sleep Treatment Outcome Predictors (STOP) Pilot Study: a protocol for a randomised controlled trial examining predictors of change of insomnia symptoms and associated traits following cognitive-behavioural therapy for insomnia in an unselected sample. <i>BMJ Open</i> , 2017, 7, e017177.	0.8	6
74	[P1298]: RESEARCHING DEMENTIA-RELATED SLEEP PROBLEMS USING ACTIWATCHES: PRELIMINARY INSIGHTS FROM THE DREAMS START STUDY. <i>Alzheimer's and Dementia</i> , 2017, 13, P367.	0.4	0
75	Insomnia symptoms as a cause of type 2 diabetes Incidence: a 20-year cohort study. <i>BMC Psychiatry</i> , 2017, 17, 94.	1.1	27
76	Effects of digital Cognitive Behavioural Therapy for Insomnia on cognitive function: study protocol for a randomised controlled trial. <i>Trials</i> , 2017, 18, 281.	0.7	12
77	Psychometric properties of the Sleep Condition Indicator and Insomnia Severity Index in the evaluation of insomnia disorder. <i>Sleep Medicine</i> , 2017, 33, 76-81.	0.8	75
78	Sleep to Lower Elevated Blood Pressure: A Randomized Controlled Trial (SLEPT). <i>American Journal of Hypertension</i> , 2017, 30, 319-327.	1.0	66
79	Treating Sleep Problems in Patients with Schizophrenia. <i>Behavioural and Cognitive Psychotherapy</i> , 2016, 44, 273-287.	0.9	75
80	Insomnia and hallucinations in the general population: Findings from the 2000 and 2007 British Psychiatric Morbidity Surveys. <i>Psychiatry Research</i> , 2016, 241, 141-146.	1.7	54
81	Digital Cognitive Behavioural Therapy for Insomnia versus sleep hygiene education: the impact of improved sleep on functional health, quality of life and psychological well-being. Study protocol for a randomised controlled trial. <i>Trials</i> , 2016, 17, 257.	0.7	32
82	Psychometric properties of Glasgow Sleep Effort Scale in Portuguese language.. <i>Psychological Assessment</i> , 2016, 28, e12-e18.	1.2	8
83	Insomnia, Nightmares, and Chronotype as Markers of Risk for Severe Mental Illness: Results from a Student Population. <i>Sleep</i> , 2016, 39, 173-181.	0.6	108
84	Sleep Disturbances and Suicide Risk in an 8-Year Longitudinal Study of Schizophrenia-Spectrum Disorders. <i>Sleep</i> , 2016, 39, 1275-1282.	0.6	81
85	Sleep and Productivity Benefits of Digital Cognitive Behavioral Therapy for Insomnia. <i>Journal of Occupational and Environmental Medicine</i> , 2016, 58, 683-689.	0.9	70
86	Clusters of Insomnia Disorder: An Exploratory Cluster Analysis of Objective Sleep Parameters Reveals Differences in Neurocognitive Functioning, Quantitative EEG, and Heart Rate Variability. <i>Sleep</i> , 2016, 39, 1993-2004.	0.6	48
87	The Pros and Cons of Getting Engaged in an Online Social Community Embedded Within Digital Cognitive Behavioral Therapy for Insomnia: Survey Among Users. <i>Journal of Medical Internet Research</i> , 2016, 18, e88.	2.1	35
88	Effects of cognitive behavioural therapy for insomnia on the mental health of university students: study protocol for a randomized controlled trial. <i>Trials</i> , 2015, 16, 236.	0.7	33
89	Physiological Markers of Arousal Change with Psychological Treatment for Insomnia: A Preliminary Investigation. <i>PLoS ONE</i> , 2015, 10, e0145317.	1.1	24
90	Italian validation of the Sleep Condition Indicator: A clinical screening tool to evaluate Insomnia Disorder according to DSM-5 criteria. <i>International Journal of Psychophysiology</i> , 2015, 98, 435-440.	0.5	26

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91	Social interactions, emotion and sleep: A systematic review and research agenda. <i>Sleep Medicine Reviews</i> , 2015, 24, 83-100.	3.8	169
92	How are normal sleeping controls selected? A systematic review of cross-sectional insomnia studies and a standardized method to select healthy controls for sleep research. <i>Sleep Medicine</i> , 2015, 16, 669-677.	0.8	26
93	Towards standardisation and improved understanding of sleep restriction therapy for insomnia disorder: A systematic examination of CBT-I trial content. <i>Sleep Medicine Reviews</i> , 2015, 23, 83-88.	3.8	64
94	Sleep-related attentional bias in insomnia: A state-of-the-science review. <i>Clinical Psychology Review</i> , 2015, 42, 16-27.	6.0	83
95	The Anxiolytic Effects of Cognitive Behavior Therapy for Insomnia: Preliminary Results from a Web-delivered Protocol. <i>Journal of Sleep Medicine and Disorders</i> , 2015, 2, .	0.2	4
96	Cognitive behavioral therapy for the management of poor sleep in insomnia disorder. <i>ChronoPhysiology and Therapy</i> , 2014, , 99.	0.5	2
97	Sleep to lower elevated blood pressure: study protocol for a randomized controlled trial. <i>Trials</i> , 2014, 15, 393.	0.7	4
98	Does cognitive behaviour therapy for insomnia reduce clinical levels of fatigue, anxiety and depression in cancer patients?. <i>Psycho-Oncology</i> , 2014, 23, 679-684.	1.0	77
99	The HUNT continues and gathers pace: shedding light on the relationship between insomnia and ill health. <i>Journal of Sleep Research</i> , 2014, 23, 121-123.	1.7	4
100	Altered Emotion Perception in Insomnia Disorder. <i>Sleep</i> , 2014, 37, 775-783.	0.6	79
101	The evidence base of sleep restriction therapy for treating insomnia disorder. <i>Sleep Medicine Reviews</i> , 2014, 18, 415-424.	3.8	153
102	Metacognitive beliefs relate specifically to sleep quality in primary insomnia: a pilot study. <i>Sleep Medicine</i> , 2014, 15, 918-922.	0.8	23
103	Catalogue of knowledge and skills for sleep medicine. <i>Journal of Sleep Research</i> , 2014, 23, 222-238.	1.7	15
104	Who is predisposed to insomnia: A review of familial aggregation, stress-reactivity, personality and coping style. <i>Sleep Medicine Reviews</i> , 2014, 18, 237-247.	3.8	155
105	Social class and gender patterning of insomnia symptoms and psychiatric distress: a 20-year prospective cohort study. <i>BMC Psychiatry</i> , 2014, 14, 152.	1.1	30
106	Integrating psychology and medicine in CPAP adherence – New concepts?. <i>Sleep Medicine Reviews</i> , 2014, 18, 123-139.	3.8	95
107	Attribution, cognition and psychopathology in persistent insomnia disorder: outcome and mediation analysis from a randomized placebo-controlled trial of online cognitive behavioural therapy. <i>Sleep Medicine</i> , 2014, 15, 913-917.	0.8	78
108	The Sleep Condition Indicator: a clinical screening tool to evaluate insomnia disorder. <i>BMJ Open</i> , 2014, 4, e004183.	0.8	305

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109	Sleep Restriction Therapy for Insomnia is Associated with Reduced Objective Total Sleep Time, Increased Daytime Somnolence, and Objectively Impaired Vigilance: Implications for the Clinical Management of Insomnia Disorder. <i>Sleep</i> , 2014, 37, 229-237.	0.6	159
110	The Natural History of Insomnia: Acute Insomnia and First-onset Depression. <i>Sleep</i> , 2014, 37, 97-106.	0.6	59
111	Manual-guided cognitive-behavioural therapy for insomnia delivered by ordinary primary care personnel in general medical practice: a randomized controlled effectiveness trial. <i>Journal of Sleep Research</i> , 2013, 22, 688-696.	1.7	53
112	From Bedside <i>Back</i> to Bench? A Commentary on: "The Future of Cognitive Behavioral Therapy for Insomnia: What Important Research Remains to Be Done". <i>Journal of Clinical Psychology</i> , 2013, 69, 1022-1025.	1.0	6
113	Ecological momentary assessment of daytime symptoms during sleep restriction therapy for insomnia. <i>Journal of Sleep Research</i> , 2013, 22, 266-272.	1.7	39
114	Use of the Internet and Mobile Media for Delivery of Cognitive Behavioral Insomnia Therapy. <i>Sleep Medicine Clinics</i> , 2013, 8, 407-419.	1.2	41
115	The Glasgow Sleep Impact Index (GSII): A novel patient-centred measure for assessing sleep-related quality of life impairment in Insomnia Disorder. <i>Sleep Medicine</i> , 2013, 14, 493-501.	0.8	67
116	Psychophysiological reactivity to symptom-related emotional stimuli in insomnia: A replication and extension to disordered eating. <i>Sleep and Biological Rhythms</i> , 2013, 11, 20-28.	0.5	3
117	Is cognitive behavioural therapy for insomnia effective in treating insomnia and pain in individuals with chronic non-malignant pain?. <i>British Journal of Pain</i> , 2013, 7, 138-151.	0.7	13
118	A Preliminary Evaluation of the Physiological Mechanisms of Action for Sleep Restriction Therapy. <i>Sleep Disorders</i> , 2013, 2013, 1-15.	0.8	18
119	Increasing Adherence to Obstructive Sleep Apnea Treatment with a Group Social Cognitive Therapy Treatment Intervention: A Randomized Trial. <i>Sleep</i> , 2013, 36, 1647-1654.	0.6	70
120	What Are You Looking At? Moving toward an Attentional Timeline in Insomnia: A Novel Semantic Eye Tracking Study. <i>Sleep</i> , 2013, 36, 1491-1499.	0.6	24
121	The effect of continuous positive airway pressure usage on sleepiness in obstructive sleep apnoea: real effects or expectation of benefit?. <i>Thorax</i> , 2012, 67, 920-924.	2.7	32
122	Comparative Investigation of the Psychophysiologic and Idiopathic Insomnia Disorder Phenotypes: Psychologic Characteristics, Patients' Perspectives, and Implications for Clinical Management. <i>Sleep</i> , 2012, 35, 385-393.	0.6	30
123	A Randomized, Placebo-Controlled Trial of Online Cognitive Behavioral Therapy for Chronic Insomnia Disorder Delivered via an Automated Media-Rich Web Application. <i>Sleep</i> , 2012, 35, 769-781.	0.6	442
124	The natural history of insomnia: Focus on prevalence and incidence of acute insomnia. <i>Journal of Psychiatric Research</i> , 2012, 46, 1278-1285.	1.5	127
125	Acute insomnia: Current conceptualizations and future directions. <i>Sleep Medicine Reviews</i> , 2012, 16, 5-14.	3.8	130
126	The Longitudinal Course of Insomnia Symptoms: Inequalities by Sex and Occupational Class Among Two Different Age Cohorts Followed for 20 Years in the West of Scotland. <i>Sleep</i> , 2012, 35, 815-823.	0.6	44

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127	Cognitive Behavioral and Psychological Therapies for Chronic Insomnia. , 2012, , 161-171.		3
128	Sleep problems in cancer patients: prevalence and association with distress and pain. Psycho-Oncology, 2012, 21, 1003-1009.	1.0	80
129	The effectiveness of community day-long CBT workshops for participants with insomnia symptoms: a randomised controlled trial. Journal of Sleep Research, 2012, 21, 270-280.	1.7	44
130	The Daytime Impact of DSM-5 Insomnia Disorder. Journal of Clinical Psychiatry, 2012, 73, e1478-e1484.	1.1	100
131	Conclusion: Overview, Emerging Trends, and Future Directions in Sleep Research and Practice. , 2012, , .		0
132	Introduction: Historical Landmarks and Current Status of Sleep Research and Practice. , 2012, , .		3
133	No pain, no gain: An exploratory within-subjects mixed-methods evaluation of the patient experience of sleep restriction therapy (SRT) for insomnia. Sleep Medicine, 2011, 12, 735-747.	0.8	149
134	Models of Insomnia. , 2011, , 850-865.		65
135	Paradoxical Intention Therapy. , 2011, , 61-70.		3
136	The Impact of Sleep-Related Attentional Bias on Polysomnographically Measured Sleep in Primary Insomnia. Sleep, 2010, 33, 107-112.	0.6	42
137	The development and impact of insomnia on cancer survivors: a qualitative analysis. Psycho-Oncology, 2010, 19, 991-996.	1.0	60
138	An exploratory randomized controlled trial of immediate versus delayed withdrawal of antiepileptic drugs in patients with psychogenic nonepileptic attacks (PNEAs). Epilepsia, 2010, 51, 1994-1999.	2.6	38
139	A cohort study of the prevalence of sleep problems in adults with intellectual disabilities. Journal of Sleep Research, 2010, 19, 42-53.	1.7	38
140	Applying the quarter-hour rule: can people with insomnia accurately estimate 15-min periods during the sleep onset phase?. Journal of Sleep Research, 2010, 19, 19-26.	1.7	6
141	Do sleep difficulties exacerbate deficits in sustained attention following traumatic brain injury?. Journal of the International Neuropsychological Society, 2010, 16, 17-25.	1.2	66
142	Not Just a Minor Thing, It Is Something Major, Which Stops You From Functioning Daily: Quality of Life and Daytime Functioning in Insomnia. Behavioral Sleep Medicine, 2010, 8, 123-140.	1.1	155
143	Psychophysiological reactivity to sleep-related emotional stimuli in primary insomnia. Behaviour Research and Therapy, 2010, 48, 467-475.	1.6	67
144	Insomnia and health-related quality of life. Sleep Medicine Reviews, 2010, 14, 69-82.	3.8	407

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145	Cognitive Behavioral Factors Associated With Sleep Quality in Chronic Pain Patients. <i>Behavioral Sleep Medicine</i> , 2010, 8, 28-39.	1.1	24
146	Cognitive Therapy for Insomnia. <i>Medical Psychiatry</i> , 2010, , 299-309.	0.2	4
147	Is sleep-related attentional bias due to sleepiness or sleeplessness?. <i>Cognition and Emotion</i> , 2009, 23, 541-550.	1.2	27
148	A Qualitative Exploration of Children's Understanding of Indiscriminate Friendliness. <i>Clinical Child Psychology and Psychiatry</i> , 2009, 14, 595-618.	0.8	19
149	The Natural History of Insomnia. <i>Archives of Internal Medicine</i> , 2009, 169, 447.	4.3	422
150	The Development and Evaluation of a Large-Scale Self-Referral CBT-I Intervention for Men Who Have Insomnia: An Exploratory Study. <i>Behavioural and Cognitive Psychotherapy</i> , 2009, 37, 239.	0.9	21
151	Prevalence and predictors of insomnia in women with invasive ovarian cancer: Anxiety a major factor. <i>European Journal of Cancer</i> , 2009, 45, 3262-3270.	1.3	48
152	The impact of childhood epilepsy on quality of life: A qualitative investigation using focus group methods to obtain children's perspectives on living with epilepsy. <i>Epilepsy and Behavior</i> , 2009, 14, 179-189.	0.9	64
153	Metacognitive beliefs in primary insomnia: Developing and validating the Metacognitions Questionnaire - Insomnia (MCQ-I). <i>Journal of Behavior Therapy and Experimental Psychiatry</i> , 2009, 40, 15-23.	0.6	37
154	An Experimental Assessment of a Pennebaker Writing Intervention in Primary Insomnia. <i>Behavioral Sleep Medicine</i> , 2009, 7, 99-105.	1.1	18
155	Primary Insomnia: An Overview of Practical Management Using Cognitive Behavioral Techniques. <i>Sleep Medicine Clinics</i> , 2009, 4, 559-569.	1.2	5
156	Stepped Care: A Health Technology Solution for Delivering Cognitive Behavioral Therapy as a First Line Insomnia Treatment. <i>Sleep</i> , 2009, 32, 1549-1558.	0.6	340
157	Sleep-related attentional bias in patients with primary insomnia compared with sleep experts and healthy controls. <i>Journal of Sleep Research</i> , 2008, 17, 191-196.	1.7	52
158	Development and validation of a measure of the impact of epilepsy on a young person's quality of life: Glasgow epilepsy outcome scale for young persons (GEOS-YP). <i>Epilepsy and Behavior</i> , 2008, 12, 115-123.	0.9	24
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