

# Colin A Espie

## List of Publications by Year in Descending Order

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The third column is the impact factor (IF) of the journal, and the fourth column is the number of citations of the article.

222  
papers

13,098  
citations

56  
h-index

109  
g-index

240  
ext. papers

16,087  
ext. citations

4.3  
avg, IF

6.61  
L-index

#	Paper	IF	Citations
222	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> , <b>2022</b> , 3, zpab021	2.8	6
221	Nightmares in People with COVID-19: Did Coronavirus Infect Our Dreams?. <i>Nature and Science of Sleep</i> , <b>2022</b> , 14, 93-108	3.6	6
220	A qualitative examination of the usability of a digital cognitive behavioral therapy for insomnia program after stroke.. <i>Brain Injury</i> , <b>2022</b> , 1-8	2.1	0
219	A Micro-Longitudinal Study of Naps, Sleep Disturbance, and Headache Severity in Women with Chronic Migraine.. <i>Behavioral Sleep Medicine</i> , <b>2022</b> , 1-12	4.2	1
218	Dream-enactment behaviours during the COVID-19 pandemic: an international COVID-19 sleep study.. <i>Journal of Sleep Research</i> , <b>2022</b> ,	5.8	1
217	The effect of sleep continuity disruption on multimodal emotion processing and regulation: a laboratory-based, randomised, controlled experiment in good sleepers.. <i>Journal of Sleep Research</i> , <b>2022</b> , e13634	5.8	
216	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> , <b>2021</b> ,	9	2
215	The '5 principles' of good sleep health. <i>Journal of Sleep Research</i> , <b>2021</b> , e13502	5.8	0
214	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> , <b>2021</b> , 13, 1711-1722	3.6	10
213	The acute effects of sleep restriction therapy for insomnia on circadian timing and vigilance. <i>Journal of Sleep Research</i> , <b>2021</b> , 30, e13260	5.8	2
212	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> , <b>2021</b> , 25, 849-860	3.1	13
211	The natural history of insomnia: predisposing, precipitating, coping, and perpetuating factors over the early developmental course of insomnia. <i>Sleep</i> , <b>2021</b> , 44,	1.1	13
210	Cost-effectiveness of digital cognitive behavioral therapy (Sleepio) for insomnia: a Markov simulation model in the United States. <i>Sleep</i> , <b>2021</b> , 44,	1.1	4
209	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> , <b>2021</b> , 70, 101609	2.6	5
208	Sleep and circadian problems during the coronavirus disease 2019 (COVID-19) pandemic: the International COVID-19 Sleep Study (ICOSS). <i>Journal of Sleep Research</i> , <b>2021</b> , 30, e13206	5.8	32
207	Insomnia as a mediating therapeutic target for depressive symptoms: A sub-analysis of participant data from two large randomized controlled trials of a digital sleep intervention. <i>Journal of Sleep Research</i> , <b>2021</b> , 30, e13140	5.8	10
206	Digital medicine for insomnia <b>2021</b> ,		

205	The clinical effects of sleep restriction therapy for insomnia: A meta-analysis of randomised controlled trials. <i>Sleep Medicine Reviews</i> , <b>2021</b> , 58, 101493	10.2	8
204	Evening-types show highest increase of sleep and mental health problems during the COVID-19 pandemic - Multinational study on 19,267 adults. <i>Sleep</i> , <b>2021</b> ,	1.1	10
203	Implementation of a digital cognitive behavioral therapy for insomnia pathway in primary care. <i>Contemporary Clinical Trials</i> , <b>2021</b> , 107, 106484	2.3	1
202	The effect of sleep restriction therapy for insomnia on sleep pressure and arousal: a randomised controlled mechanistic trial. <i>Sleep</i> , <b>2021</b> ,	1.1	1
201	Does adjunctive digital CBT for insomnia improve clinical outcomes in an improving access to psychological therapies service?. <i>Behaviour Research and Therapy</i> , <b>2021</b> , 144, 103922	5.2	7
200	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> , <b>2021</b> , 13, 1573-1591	3.6	14
199	Insomnia, anxiety, and depression during the COVID-19 pandemic: an international collaborative study. <i>Sleep Medicine</i> , <b>2021</b> , 87, 38-45	4.6	45
198	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> , <b>2021</b> , 60, 101460	10.2	13
197	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> , <b>2021</b> , 11, e050672	3	11
196	The Impact of COVID-19 on Sleep Quality in People Living With Disabilities.. <i>Frontiers in Psychology</i> , <b>2021</b> , 12, 786904	3.4	1
195	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 trial). <i>BMJ Open</i> , <b>2020</b> , 10, e036248	3	2
194	Dealing with sleep problems during home confinement due to the COVID-19 outbreak: Practical recommendations from a task force of the European CBT-I Academy. <i>Journal of Sleep Research</i> , <b>2020</b> , 29, e13052	5.8	401
193	Digital Cognitive Behavioral Therapy for Insomnia in Women With Chronic Migraines. <i>Headache</i> , <b>2020</b> , 60, 902-915	4.2	11
192	Long-term benefits of digital cognitive behavioural therapy for insomnia: Follow-up report from a randomized clinical trial. <i>Journal of Sleep Research</i> , <b>2020</b> , 29, e13018	5.8	4
191	The effects of digital cognitive behavioral therapy for insomnia on cognitive function: a randomized controlled trial. <i>Sleep</i> , <b>2020</b> , 43,	1.1	12
190	Is digital cognitive behavioural therapy for insomnia effective in treating sub-threshold insomnia: a pilot RCT. <i>Sleep Medicine</i> , <b>2020</b> , 66, 174-183	4.6	12
189	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> , <b>2020</b> , 29, e12967	5.8	45
188	The Teensleep study: the effectiveness of a school-based sleep education programme at improving early adolescent sleep. <i>Sleep Medicine: X</i> , <b>2020</b> , 2, 100011	3.1	13

187	Efficacy of digital cognitive behavioral therapy for moderate-to-severe symptoms of generalized anxiety disorder: A randomized controlled trial. <i>Depression and Anxiety</i> , <b>2020</b> , 37, 1168-1178	8.4	11
186	Determinants of and barriers to adoption of digital therapeutics for mental health at scale in the NHS. <i>BMJ Innovations</i> , <b>2020</b> , 6, 92-98	1.8	5
185	Depression prevention via digital cognitive behavioral therapy for insomnia: a randomized controlled trial. <i>Sleep</i> , <b>2019</b> , 42,	1.1	59
184	Cognitive Behavioural Therapy for Nightmares for Patients with Persecutory Delusions (Nites): An Assessor-Blind, Pilot Randomized Controlled Trial. <i>Canadian Journal of Psychiatry</i> , <b>2019</b> , 64, 686-696	4.8	19
183	0119 The Effect Of Sleep Continuity Disruption On Threat-related Attentional Bias: Randomised Controlled Experiment In Good Sleepers. <i>Sleep</i> , <b>2019</b> , 42, A49-A50	1.1	0
182	A classical test theory evaluation of the Sleep Condition Indicator accounting for the ordinal nature of item response data. <i>PLoS ONE</i> , <b>2019</b> , 14, e0213533	3.7	2
181	Screening for insomnia in primary care: using a two-item version of the Sleep Condition Indicator. <i>British Journal of General Practice</i> , <b>2019</b> , 69, 79-80	1.6	14
180	British Association for Psychopharmacology consensus statement on evidence-based treatment of insomnia, parasomnias and circadian rhythm disorders: An update. <i>Journal of Psychopharmacology</i> , <b>2019</b> , 33, 923-947	4.6	98
179	Slumber at scale: a digital solution for a tiresome problem. <i>British Journal of General Practice</i> , <b>2019</b> , 69, 488	1.6	1
178	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> , <b>2019</b> , 31, 251-265	3.4	19
177	Challenges in implementing and assessing outcomes of school start time change in the UK: experience of the Oxford Teensleep study. <i>Sleep Medicine</i> , <b>2019</b> , 60, 89-95	4.6	16
176	Insomnia in breast cancer: a prospective observational study. <i>Sleep</i> , <b>2019</b> , 42,	1.1	28
175	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> , <b>2019</b> , 76, 21-30	14.5	142
174	Adapted CBT to Stabilize Sleep on Psychiatric Wards: a Transdiagnostic Treatment Approach. <i>Behavioural and Cognitive Psychotherapy</i> , <b>2018</b> , 46, 661-675	2.1	20
173	Can Circadian Dysregulation Exacerbate Migraines?. <i>Headache</i> , <b>2018</b> , 58, 1040-1051	4.2	19
172	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> , <b>2018</b> , 4, 307-312 <sup>4</sup>		26
171	Acceptability, tolerability, and potential efficacy of cognitive behavioural therapy for Insomnia Disorder subtypes defined by polysomnography: A retrospective cohort study. <i>Scientific Reports</i> , <b>2018</b> , 8, 6664	4.9	21
170	European Portuguese Adaptation of Glasgow Content of Thoughts Inventory (GCTI): Psychometric Characterization in Higher Education Students. <i>Behavioral Medicine</i> , <b>2018</b> , 44, 11-18	4.4	2

169	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> , <b>2018</b> , 27, e12726	5.8	15
168	Delivering digital cognitive behavioral therapy for insomnia at scale: does using a wearable device to estimate sleep influence therapy?. <i>Npj Digital Medicine</i> , <b>2018</b> , 1, 3	15.7	10
167	A manual-based intervention for carers of people with dementia and sleep disturbances: an acceptability and feasibility RCT. <i>Health Technology Assessment</i> , <b>2018</b> , 22, 1-408	4.4	5
166	The Sleep Condition Indicator: reference values derived from a sample of 200,000 adults. <i>Journal of Sleep Research</i> , <b>2018</b> , 27, e12643	5.8	22
165	Stabilising sleep for patients admitted at acute crisis to a psychiatric hospital (OWLS): an assessor-blind pilot randomised controlled trial. <i>Psychological Medicine</i> , <b>2018</b> , 48, 1694-1704	6.9	38
164	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> , <b>2018</b> , 17, 976-989	3	8
163	Digital medicine needs to work. <i>Lancet, The</i> , <b>2018</b> , 392, 2694	4.0	3
162	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> , <b>2018</b> , 42, 127-138	10.2	25
161	Evidence-based psychological therapies for insomnia. <i>Lancet, The</i> , <b>2018</b> , 392, 735	4.0	5
160	Digital Cognitive Behavioral Therapy (dCBT) for Insomnia: a State-of-the-Science Review. <i>Current Sleep Medicine Reports</i> , <b>2017</b> , 3, 48-56	1.2	51
159	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> , <b>2017</b> , 45, 91-96	2.1	34
158	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> , <b>2017</b> , 40,	1.1	14
157	The effects of improving sleep on mental health (OASIS): a randomised controlled trial with mediation analysis. <i>Lancet Psychiatry</i> , <b>2017</b> , 4, 749-758	23.3	286
156	European guideline for the diagnosis and treatment of insomnia. <i>Journal of Sleep Research</i> , <b>2017</b> , 26, 675-700	5.8	712
155	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> , <b>2017</b> , 7, e016392	3	14
154	Sleep and cognitive performance: cross-sectional associations in the UK Biobank. <i>Sleep Medicine</i> , <b>2017</b> , 38, 85-91	4.6	55
153	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> , <b>2017</b> , 7, e017177	3	4
152	[P1098]: RESEARCHING DEMENTIA-RELATED SLEEP PROBLEMS USING ACTI-WATCHES: PRELIMINARY INSIGHTS FROM THE DREAMS START STUDY <b>2017</b> , 13, P367-P367		

151	Insomnia symptoms as a cause of type 2 diabetes Incidence: a 20year cohort study. <i>BMC Psychiatry</i> , <b>2017</b> , 17, 94	4.2	17
150	Effects of digital Cognitive Behavioural Therapy for Insomnia on cognitive function: study protocol for a randomised controlled trial. <i>Trials</i> , <b>2017</b> , 18, 281	2.8	8
149	Psychometric properties of the Sleep Condition Indicator and Insomnia Severity Index in the evaluation of insomnia disorder. <i>Sleep Medicine</i> , <b>2017</b> , 33, 76-81	4.6	40
148	Sleep to Lower Elevated Blood Pressure: A Randomized Controlled Trial (SLEPT). <i>American Journal of Hypertension</i> , <b>2017</b> , 30, 319-327	2.3	45
147	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> , <b>2016</b> , 17, 257	2.8	27
146	Psychometric properties of Glasgow Sleep Effort Scale in Portuguese language. <i>Psychological Assessment</i> , <b>2016</b> , 28, e12-e18	5.3	5
145	Insomnia, Nightmares, and Chronotype as Markers of Risk for Severe Mental Illness: Results from a Student Population. <i>Sleep</i> , <b>2016</b> , 39, 173-81	1.1	80
144	Sleep Disturbances and Suicide Risk in an 8-Year Longitudinal Study of Schizophrenia-Spectrum Disorders. <i>Sleep</i> , <b>2016</b> , 39, 1275-82	1.1	53
143	Sleep and Productivity Benefits of Digital Cognitive Behavioral Therapy for Insomnia: A Randomized Controlled Trial Conducted in the Workplace Environment. <i>Journal of Occupational and Environmental Medicine</i> , <b>2016</b> , 58, 683-9	2	44
142	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> , <b>2016</b> , 39, 1993-2004	1.1	32
141	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> , <b>2016</b> , 18, e88	7.6	26
140	Treating Sleep Problems in Patients with Schizophrenia. <i>Behavioural and Cognitive Psychotherapy</i> , <b>2016</b> , 44, 273-87	2.1	50
139	Insomnia and hallucinations in the general population: Findings from the 2000 and 2007 British Psychiatric Morbidity Surveys. <i>Psychiatry Research</i> , <b>2016</b> , 241, 141-6	9.9	37
138	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> , <b>2015</b> , 16, 669-77.6	4.6	16
137	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> , <b>2015</b> , 23, 83-8	10.2	39
136	Sleep-related attentional bias in insomnia: A state-of-the-science review. <i>Clinical Psychology Review</i> , <b>2015</b> , 42, 16-27	10.8	50
135	Effects of cognitive behavioural therapy for insomnia on the mental health of university students: study protocol for a randomized controlled trial. <i>Trials</i> , <b>2015</b> , 16, 236	2.8	29
134	Physiological Markers of Arousal Change with Psychological Treatment for Insomnia: A Preliminary Investigation. <i>PLoS ONE</i> , <b>2015</b> , 10, e0145317	3.7	19

133	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> , <b>2015</b> , 98, 435-40	2.9	20
132	Social interactions, emotion and sleep: A systematic review and research agenda. <i>Sleep Medicine Reviews</i> , <b>2015</b> , 24, 83-100	10.2	108
131	The Anxiolytic Effects of Cognitive Behavior Therapy for Insomnia: Preliminary Results from a Web-delivered Protocol <b>2015</b> , 2,		2
130	Catalogue of knowledge and skills for sleep medicine. <i>Journal of Sleep Research</i> , <b>2014</b> , 23, 222-38	5.8	11
129	Who is predisposed to insomnia: a review of familial aggregation, stress-reactivity, personality and coping style. <i>Sleep Medicine Reviews</i> , <b>2014</b> , 18, 237-47	10.2	121
128	Social class and gender patterning of insomnia symptoms and psychiatric distress: a 20-year prospective cohort study. <i>BMC Psychiatry</i> , <b>2014</b> , 14, 152	4.2	25
127	Integrating psychology and medicine in CPAP adherence--new concepts?. <i>Sleep Medicine Reviews</i> , <b>2014</b> , 18, 123-39	10.2	75
126	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> , <b>2014</b> , 15, 913-7	4.6	63
125	The Sleep Condition Indicator: a clinical screening tool to evaluate insomnia disorder. <i>BMJ Open</i> , <b>2014</b> , 4, e004183	3	188
124	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> , <b>2014</b> , 37, 229-37	1.1	114
123	The natural history of insomnia: acute insomnia and first-onset depression. <i>Sleep</i> , <b>2014</b> , 37, 97-106	1.1	41
122	Cognitive behavioral therapy for the management of poor sleep in insomnia disorder. <i>ChronoPhysiology and Therapy</i> , <b>2014</b> , 99		1
121	Sleep to lower elevated blood pressure: study protocol for a randomized controlled trial. <i>Trials</i> , <b>2014</b> , 15, 393	2.8	3
120	Does cognitive behaviour therapy for insomnia reduce clinical levels of fatigue, anxiety and depression in cancer patients?. <i>Psycho-Oncology</i> , <b>2014</b> , 23, 679-84	3.9	66
119	Altered emotion perception in insomnia disorder. <i>Sleep</i> , <b>2014</b> , 37, 775-83	1.1	54
118	The evidence base of sleep restriction therapy for treating insomnia disorder. <i>Sleep Medicine Reviews</i> , <b>2014</b> , 18, 415-24	10.2	110
117	Metacognitive beliefs relate specifically to sleep quality in primary insomnia: a pilot study. <i>Sleep Medicine</i> , <b>2014</b> , 15, 918-22	4.6	16
116	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> , <b>2013</b> , 22, 688-96	5.8	37

115	From bedside back 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> , <b>2013</b> , 69, 1022-5 <sup>2.8</sup>	4
114	Ecological momentary assessment of daytime symptoms during sleep restriction therapy for insomnia. <i>Journal of Sleep Research</i> , <b>2013</b> , 22, 266-72	5.8 28
113	Use of the Internet and Mobile Media for Delivery of Cognitive Behavioral Insomnia Therapy. <i>Sleep Medicine Clinics</i> , <b>2013</b> , 8, 407-419	3.6 30
112	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> , <b>2013</b> , 14, 493-501	4.6 43
111	Psychophysiological reactivity to symptom-related emotional stimuli in insomnia: A replication and extension to disordered eating. <i>Sleep and Biological Rhythms</i> , <b>2013</b> , 11, 20-28	1.3 3
110	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> , <b>2013</b> , 7, 138-51	2.1 9
109	A preliminary evaluation of the physiological mechanisms of action for sleep restriction therapy. <i>Sleep Disorders</i> , <b>2013</b> , 2013, 726372	1.7 14
108	Increasing adherence to obstructive sleep apnea treatment with a group social cognitive therapy treatment intervention: a randomized trial. <i>Sleep</i> , <b>2013</b> , 36, 1647-54	1.1 56
107	What are you looking at? Moving toward an attentional timeline in insomnia: a novel semantic eye tracking study. <i>Sleep</i> , <b>2013</b> , 36, 1491-9	1.1 21
106	The effectiveness of community day-long CBT-I workshops for participants with insomnia symptoms: a randomised controlled trial. <i>Journal of Sleep Research</i> , <b>2012</b> , 21, 270-80	5.8 33
105	The natural history of insomnia: focus on prevalence and incidence of acute insomnia. <i>Journal of Psychiatric Research</i> , <b>2012</b> , 46, 1278-85	5.2 84
104	Acute insomnia: current conceptualizations and future directions. <i>Sleep Medicine Reviews</i> , <b>2012</b> , 16, 5-14 <sup>10.2</sup>	94
103	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> , <b>2012</b> , 35, 815-23	1.1 36
102	Cognitive Behavioral and Psychological Therapies for Chronic Insomnia <b>2012</b> , 161-171	3
101	Sleep problems in cancer patients: prevalence and association with distress and pain. <i>Psycho-Oncology</i> , <b>2012</b> , 21, 1003-9	3.9 64
100	The effect of continuous positive airway pressure usage on sleepiness in obstructive sleep apnoea: real effects or expectation of benefit?. <i>Thorax</i> , <b>2012</b> , 67, 920-4	7.3 29
99	Comparative investigation of the psychophysiological and idiopathic insomnia disorder phenotypes: psychologic characteristics, patients' perspectives, and implications for clinical management. <i>Sleep</i> , <b>2012</b> , 35, 385-93	1.1 25
98	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> , <b>2012</b> , 35, 769-81	1.1 307



97	The daytime impact of DSM-5 insomnia disorder: comparative analysis of insomnia subtypes from the Great British Sleep Survey. <i>Journal of Clinical Psychiatry</i> , <b>2012</b> , 73, e1478-84	4.6	78
96	No pain, no gain: an exploratory within-subjects mixed-methods evaluation of the patient experience of sleep restriction therapy (SRT) for insomnia. <i>Sleep Medicine</i> , <b>2011</b> , 12, 735-47	4.6	107
95	Models of Insomnia <b>2011</b> , 850-865		43
94	Paradoxical Intention Therapy <b>2011</b> , 61-70		3
93	A cohort study of the prevalence of sleep problems in adults with intellectual disabilities. <i>Journal of Sleep Research</i> , <b>2010</b> , 19, 42-53	5.8	28
92	Applying the quarter-hour rule: can people with insomnia accurately estimate 15-min periods during the sleep-onset phase?. <i>Journal of Sleep Research</i> , <b>2010</b> , 19, 19-26	5.8	3
91	Do sleep difficulties exacerbate deficits in sustained attention following traumatic brain injury?. <i>Journal of the International Neuropsychological Society</i> , <b>2010</b> , 16, 17-25	3.1	58
90	"...Not just a minor thing, it is something major, which stops you from functioning daily": quality of life and daytime functioning in insomnia. <i>Behavioral Sleep Medicine</i> , <b>2010</b> , 8, 123-40	4.2	116
89	Psychophysiological reactivity to sleep-related emotional stimuli in primary insomnia. <i>Behaviour Research and Therapy</i> , <b>2010</b> , 48, 467-75	5.2	56
88	Insomnia and health-related quality of life. <i>Sleep Medicine Reviews</i> , <b>2010</b> , 14, 69-82	10.2	288
87	Cognitive-behavioral factors associated with sleep quality in chronic pain patients. <i>Behavioral Sleep Medicine</i> , <b>2010</b> , 8, 28-39	4.2	23
86	The impact of sleep-related attentional bias on polysomnographically measured sleep in primary insomnia. <i>Sleep</i> , <b>2010</b> , 33, 107-12	1.1	32
85	The social and behavioural functioning of people with mental handicaps attending adult training centres: A COMPARISON OF THOSE WITH AND WITHOUT EPILEPSY. <i>Journal of Applied Research in Intellectual Disabilities</i> , <b>2010</b> , 2, 129-136		20
84	The development and impact of insomnia on cancer survivors: a qualitative analysis. <i>Psycho-Oncology</i> , <b>2010</b> , 19, 991-6	3.9	47
83	An exploratory randomized controlled trial of immediate versus delayed withdrawal of antiepileptic drugs in patients with psychogenic nonepileptic attacks (PNEAs). <i>Epilepsia</i> , <b>2010</b> , 51, 1994-9	6.4	29
82	Cognitive Therapy for Insomnia. <i>Medical Psychiatry</i> , <b>2010</b> , 299-309		4
81	Is sleep-related attentional bias due to sleepiness or sleeplessness?. <i>Cognition and Emotion</i> , <b>2009</b> , 23, 541-550	2.3	24
80	A qualitative exploration of children's understanding of indiscriminate friendliness. <i>Clinical Child Psychology and Psychiatry</i> , <b>2009</b> , 14, 595-618	2	14

79	The natural history of insomnia: a population-based 3-year longitudinal study. <i>Archives of Internal Medicine</i> , <b>2009</b> , 169, 447-53		329
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