

# Sarah Jay

## List of Publications by Year in descending order

Source: <https://exaly.com/author-pdf/3088470/publications.pdf>

Version: 2024-02-01

44  
papers

1,123  
citations

361296

20  
h-index

414303

32  
g-index

44  
all docs

44  
docs citations

44  
times ranked

1036  
citing authors

#	ARTICLE	IF	CITATIONS
1	Experiences of university employees of the impact of a mindful self-care and resiliency program on their well-being. <i>Higher Education Research and Development</i> , 2021, 40, 524-537.	1.9	9
2	Perception versus Reality: The Relationship between Subjective and Objective Measures of Sleep When On-call under Simulated Laboratory Conditions. <i>Behavioral Sleep Medicine</i> , 2021, 19, 533-546.	1.1	2
3	The impact of anticipating a stressful task on sleep inertia when on-call. <i>Applied Ergonomics</i> , 2020, 82, 102942.	1.7	13
4	Are Individuals with Low Trait Anxiety Better Suited to On-Call Work?. <i>Clocks &amp; Sleep</i> , 2020, 2, 473-486.	0.9	2
5	Sleep hygiene in shift workers: A systematic literature review. <i>Sleep Medicine Reviews</i> , 2020, 53, 101336.	3.8	32
6	Can stress act as a sleep inertia countermeasure when on-call?. <i>Biological Rhythm Research</i> , 2019, 50, 429-439.	0.4	8
7	Overnight heart rate variability and next day cortisol response during simulated on-call conditions. <i>Psychoneuroendocrinology</i> , 2019, 109, 104406.	1.3	8
8	The effects of hydration on cognitive performance during a simulated wildfire suppression shift in temperate and hot conditions. <i>Applied Ergonomics</i> , 2019, 77, 9-15.	1.7	13
9	Waking qEEG to assess psychophysiological stress and alertness during simulated on-call conditions. <i>International Journal of Psychophysiology</i> , 2019, 141, 93-100.	0.5	11
10	Understanding the Differing Impacts of On-Call Work for Males and Females: Results from an Online Survey. <i>International Journal of Environmental Research and Public Health</i> , 2019, 16, 370.	1.2	9
11	Working Time Society consensus statements: Evidence-based effects of shift work and non-standard working hours on workers, family and community. <i>Industrial Health</i> , 2019, 57, 184-200.	0.4	79
12	The Impact of on-Call Work for Partnersâ€™ Sleep, Relationship Quality and Daytime Functioning. <i>Clocks &amp; Sleep</i> , 2019, 1, 185-192.	0.9	7
13	More than hours of work: fatigue management during high-intensity maritime operations. <i>Chronobiology International</i> , 2019, 36, 143-149.	0.9	11
14	The effects of anticipating a high-stress task on sleep and performance during simulated on-call work. <i>Journal of Sleep Research</i> , 2018, 27, e12691.	1.7	15
15	Sleep in wildland firefighters: what do we know and why does it matter?. <i>International Journal of Wildland Fire</i> , 2018, 27, 73.	1.0	27
16	The impact of breaking up prolonged sitting on glucose metabolism and cognitive function when sleep is restricted. <i>Neurobiology of Sleep and Circadian Rhythms</i> , 2018, 4, 17-23.	1.4	32
17	The Cost of Inadequate Sleep among On-Call Workers in Australia: A Workplace Perspective. <i>International Journal of Environmental Research and Public Health</i> , 2018, 15, 398.	1.2	29
18	Does breaking up prolonged sitting when sleep restricted affect postprandial glucose responses and subsequent sleep architecture? â€” a pilot study. <i>Chronobiology International</i> , 2018, 35, 821-826.	0.9	7

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19	How the chance of missing the alarm during an on-call shift affects pre-bed anxiety, sleep and next day cognitive performance. <i>Biological Psychology</i> , 2018, 137, 133-139.	1.1	17
20	Uncertain call likelihood negatively affects sleep and next-day cognitive performance while on-call in a laboratory environment. <i>Chronobiology International</i> , 2018, 35, 838-848.	0.9	28
21	No rest for the women: Understanding the impact of on-call work for women in the emergency services. <i>Chronobiology International</i> , 2018, 35, 827-837.	0.9	19
22	The sleep architecture of Australian volunteer firefighters during a multi-day simulated wildfire suppression: Impact of sleep restriction and temperature. <i>Accident Analysis and Prevention</i> , 2017, 99, 389-394.	3.0	15
23	New Zealanders working non-standard hours also have greater exposure to other workplace hazards. <i>Chronobiology International</i> , 2017, 34, 519-526.	0.9	9
24	Improving Cardiometabolic Health with Diet, Physical Activity, and Breaking Up Sitting: What about Sleep?. <i>Frontiers in Physiology</i> , 2017, 8, 865.	1.3	37
25	Breaking Up Sitting with Light-Intensity Physical Activity: Implications for Shift-Workers. <i>International Journal of Environmental Research and Public Health</i> , 2017, 14, 1233.	1.2	6
26	Does Suspected Sleep Disordered Breathing Impact on the Sleep and Performance of Firefighting Volunteers during a Simulated Fire Ground Campaign?. <i>International Journal of Environmental Research and Public Health</i> , 2016, 13, 173.	1.2	9
27	On-call work: To sleep or not to sleep? It depends. <i>Chronobiology International</i> , 2016, 33, 678-684.	0.9	39
28	Expectation of a loud alarm is not associated with changes in on-call sleep in the laboratory. <i>Sleep and Biological Rhythms</i> , 2016, 14, 279-285.	0.5	9
29	Sleeping at work: not all about location, location, location. <i>Sleep Medicine Reviews</i> , 2015, 19, 59-66.	3.8	15
30	What happens to mood, performance and sleep in a laboratory study with no sleep deprivation?. <i>Sleep and Biological Rhythms</i> , 2013, 11, 200-209.	0.5	13
31	In-flight sleep, pilot fatigue and psychomotor vigilance task performance on ultra-long range versus long range flights. <i>Journal of Sleep Research</i> , 2013, 22, 697-706.	1.7	54
32	Performance on a simple response time task: Is sleep or work more important for miners?. <i>Applied Ergonomics</i> , 2011, 42, 210-213.	1.7	53
33	Changes in structural aspects of mood during 39-66h of sleep loss using matched controls. <i>Applied Ergonomics</i> , 2011, 42, 196-201.	1.7	50
34	The effects of different roster schedules on sleep in miners. <i>Applied Ergonomics</i> , 2010, 41, 600-606.	1.7	61
35	WORK HOURS AND SLEEP/WAKE BEHAVIOR OF AUSTRALIAN HOSPITAL DOCTORS. <i>Chronobiology International</i> , 2010, 27, 997-1012.	0.9	16
36	Driver fatigue during extended rail operations. <i>Applied Ergonomics</i> , 2008, 39, 623-629.	1.7	29

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37	The sensitivity of a palm-based psychomotor vigilance task to severe sleep loss. Behavior Research Methods, 2008, 40, 347-352.	2.3	59
38	The Impact of Short, Irregular Sleep Opportunities at Sea on the Alertness of Marine Pilots Working Extended Hours. Chronobiology International, 2008, 25, 399-411.	0.9	48
39	The Characteristics Of Recovery Sleep When Recovery Opportunity Is Restricted. Sleep, 2007, 30, 353-360.	0.6	34
40	The dynamics of neurobehavioural recovery following sleep loss. Journal of Sleep Research, 2007, 16, 33-41.	1.7	85
41	Self-Awareness of Impairment and the Decision to Drive after an Extended Period of Wakefulness. Chronobiology International, 2006, 23, 1253-1263.	0.9	26
42	Train Drivers' Sleep Quality and Quantity during Extended Relay Operations. Chronobiology International, 2006, 23, 1241-1252.	0.9	34
43	The suitability of a caffeinated energy drink for night-shift workers. Physiology and Behavior, 2006, 87, 925-931.	1.0	24
44	The Impact of Sustained Wakefulness and Time-of-day on OSPAT Performance. Industrial Health, 2005, 43, 186-192.	0.4	20