

# Philip Cheng

## List of Publications by Year in descending order

Source: <https://exaly.com/author-pdf/3771909/publications.pdf>

Version: 2024-02-01

66  
papers

1,805  
citations

331259

21  
h-index

315357

38  
g-index

67  
all docs

67  
docs citations

67  
times ranked

2016  
citing authors

#	ARTICLE	IF	CITATIONS
1	Wearable technologies for developing sleep and circadian biomarkers: a summary of workshop discussions. <i>Sleep</i> , 2020, 43, .	0.6	160
2	Shift work disorder, depression, and anxiety in the transition to rotating shifts: the role of sleep reactivity. <i>Sleep Medicine</i> , 2015, 16, 1532-1538.	0.8	158
3	Efficacy of digital CBT for insomnia to reduce depression across demographic groups: a randomized trial. <i>Psychological Medicine</i> , 2019, 49, 491-500.	2.7	114
4	Depression prevention via digital cognitive behavioral therapy for insomnia: a randomized controlled trial. <i>Sleep</i> , 2019, 42, .	0.6	98
5	A randomized controlled trial of digital cognitive behavioral therapy for insomnia in pregnant women. <i>Sleep Medicine</i> , 2020, 72, 82-92.	0.8	86
6	Treating insomnia improves depression, maladaptive thinking, and hyperarousal in postmenopausal women: comparing cognitive-behavioral therapy for insomnia (CBTI), sleep restriction therapy, and sleep hygiene education. <i>Sleep Medicine</i> , 2019, 55, 124-134.	0.8	83
7	Digital cognitive behavioral therapy for insomnia promotes later health resilience during the coronavirus disease 19 (COVID-19) pandemic. <i>Sleep</i> , 2021, 44, .	0.6	68
8	Treating chronic insomnia in postmenopausal women: a randomized clinical trial comparing cognitive-behavioral therapy for insomnia, sleep restriction therapy, and sleep hygiene education. <i>Sleep</i> , 2019, 42, .	0.6	65
9	Depression and suicidal ideation in pregnancy: exploring relationships with insomnia, short sleep, and nocturnal rumination. <i>Sleep Medicine</i> , 2020, 65, 62-73.	0.8	58
10	Neurophysiological correlates of suicidal ideation in major depressive disorder: Hyperarousal during sleep. <i>Journal of Affective Disorders</i> , 2017, 212, 160-166.	2.0	47
11	Shift Work Disorder. <i>Neurologic Clinics</i> , 2019, 37, 563-577.	0.8	43
12	Predicting circadian misalignment with wearable technology: validation of wrist-worn actigraphy and photometry in night shift workers. <i>Sleep</i> , 2021, 44, .	0.6	43
13	Nocturnal cognitive arousal is associated with objective sleep disturbance and indicators of physiologic hyperarousal in good sleepers and individuals with insomnia disorder. <i>Sleep Medicine</i> , 2020, 71, 151-160.	0.8	42
14	Depression prevention in digital cognitive behavioral therapy for insomnia: Is rumination a mediator?. <i>Journal of Affective Disorders</i> , 2020, 273, 434-441.	2.0	40
15	Shift Work and Cognitive Flexibility: Decomposing Task Performance. <i>Journal of Biological Rhythms</i> , 2017, 32, 143-153.	1.4	38
16	Prevalence and Predictors of Prescription Sleep Aid Use among Individuals with DSM-5 Insomnia: The Role of Hyperarousal. <i>Sleep</i> , 2016, 39, 825-832.	0.6	36
17	Improving Daytime Functioning, Work Performance, and Quality of Life in Postmenopausal Women With Insomnia: Comparing Cognitive Behavioral Therapy for Insomnia, Sleep Restriction Therapy, and Sleep Hygiene Education. <i>Journal of Clinical Sleep Medicine</i> , 2019, 15, 999-1010.	1.4	36
18	&lt;p&gt;Insomnia, Short Sleep, And Snoring In Mid-To-Late Pregnancy: Disparities Related To Poverty, Race, And Obesity&lt;/p&gt;. <i>Nature and Science of Sleep</i> , 2019, Volume 11, 301-315.	1.4	34

#	ARTICLE	IF	CITATIONS
19	Racial discrimination as a mediator of racial disparities in insomnia disorder. <i>Sleep Health</i> , 2020, 6, 543-549.	1.3	33
20	Predicting circadian phase across populations: a comparison of mathematical models and wearable devices. <i>Sleep</i> , 2021, 44, .	0.6	31
21	Relationship between insomnia symptoms, perceived stress and coping strategies in subjects with arterial hypertension: psychological factors may play a modulating role. <i>Sleep Medicine</i> , 2016, 19, 108-115.	0.8	30
22	Familial Risk for Insomnia Is Associated With Abnormal Cortisol Response to Stress. <i>Sleep</i> , 2017, 40, .	0.6	30
23	Psychological Impact of Shift Work. <i>Current Sleep Medicine Reports</i> , 2018, 4, 104-109.	0.7	26
24	A pathogenic cycle between insomnia and cognitive arousal fuels perinatal depression: exploring the roles of nocturnal cognitive arousal and perinatal-focused rumination. <i>Sleep</i> , 2021, 44, .	0.6	25
25	Mindfulness and nocturnal rumination are independently associated with symptoms of insomnia and depression during pregnancy. <i>Sleep Health</i> , 2020, 6, 185-191.	1.3	23
26	Objective sleep disturbance is associated with poor response to cognitive and behavioral treatments for insomnia in postmenopausal women. <i>Sleep Medicine</i> , 2020, 73, 82-92.	0.8	21
27	Consequences of violence across the lifespan: Mental health and sleep quality in pregnant women.. <i>Psychological Trauma: Theory, Research, Practice, and Policy</i> , 2017, 9, 587-595.	1.4	20
28	Reduction in delta activity predicted improved negative affect in Major Depressive Disorder. <i>Psychiatry Research</i> , 2015, 228, 715-718.	1.7	19
29	Examining Patient Feedback and the Role of Cognitive Arousal in Treatment Non-response to Digital Cognitive-behavioral Therapy for Insomnia during Pregnancy. <i>Behavioral Sleep Medicine</i> , 2022, 20, 143-163.	1.1	18
30	Nocturnal cognitive hyperarousal, perinatal-focused rumination, and insomnia are associated with suicidal ideation in perinatal women with mild to moderate depression. <i>Sleep Medicine</i> , 2021, 81, 439-442.	0.8	17
31	Evidence against mood-congruent attentional bias in Major Depressive Disorder. <i>Psychiatry Research</i> , 2015, 230, 496-505.	1.7	16
32	Sleepless in COVID-19: racial disparities during the pandemic as a consequence of structural inequity. <i>Sleep</i> , 2022, 45, .	0.6	16
33	Sleep maintenance difficulties in insomnia are associated with increased incidence of hypertension. <i>Sleep Health</i> , 2015, 1, 50-54.	1.3	15
34	Napping to modulate frustration and impulsivity: A pilot study. <i>Personality and Individual Differences</i> , 2015, 86, 164-167.	1.6	15
35	Daytime Sleep Disturbance in Night Shift Work and the Role of PERIOD3. <i>Journal of Clinical Sleep Medicine</i> , 2018, 14, 393-400.	1.4	15
36	Sleep-disordered breathing in major depressive disorder. <i>Journal of Sleep Research</i> , 2013, 22, 459-462.	1.7	13

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37	The role of fast and slow EEG activity during sleep in males and females with major depressive disorder. <i>Psychophysiology</i> , 2015, 52, 1375-1381.	1.2	13
38	A preliminary investigation of the role of slow-wave activity in modulating waking EEG theta as a marker of sleep propensity in major depressive disorder. <i>Journal of Affective Disorders</i> , 2019, 257, 504-509.	2.0	13
39	DSM-5 insomnia disorder in pregnancy: associations with depression, suicidal ideation, and cognitive and somatic arousal, and identifying clinical cutoffs for detection. <i>SLEEP Advances</i> , 2022, 3, zpac006.	0.1	13
40	Examining the effects of sleep delay on depressed males and females and healthy controls. <i>Journal of Sleep Research</i> , 2014, 23, 664-672.	1.7	11
41	<p>Sexual function and distress in postmenopausal women with chronic insomnia: exploring the role of stress dysregulation</p>. <i>Nature and Science of Sleep</i> , 2019, Volume 11, 141-153.	1.4	11
42	Mother-to-Infant Bonding is Associated with Maternal Insomnia, Snoring, Cognitive Arousal, and Infant Sleep Problems and Colic. <i>Behavioral Sleep Medicine</i> , 2022, 20, 393-409.	1.1	11
43	Understanding perfectionism and depression in an adult clinical population: Is outcome expectancy relevant to psychological functioning?. <i>Personality and Individual Differences</i> , 2015, 75, 64-67.	1.6	10
44	Effects of slow-wave activity on mood disturbance in major depressive disorder. <i>Psychological Medicine</i> , 2019, 49, 639-645.	2.7	10
45	Understanding the #longCOVID and #longhauers Conversation on Twitter: Multimethod Study. <i>JMIR Infodemiology</i> , 2022, 2, e31259.	1.0	10
46	Arousability and Fall Risk During Forced Awakenings From Nocturnal Sleep Among Healthy Males Following Administration of Zolpidem 10 mg and Doxepin 6 mg: A Randomized, Placebo-Controlled, Four-Way Crossover Trial. <i>Sleep</i> , 2017, 40, .	0.6	9
47	Occupational Sleep Medicine. <i>Sleep Medicine Clinics</i> , 2016, 11, 65-79.	1.2	8
48	Sleep reactivity as a potential pathway from childhood abuse to adult insomnia. <i>Sleep Medicine</i> , 2022, 94, 70-75.	0.8	8
49	Slow-wave disruption enhances the accessibility of positive memory traces. <i>Neurobiology of Learning and Memory</i> , 2015, 125, 168-175.	1.0	7
50	Can the Orexin Antagonist Suvorexant Preserve the Ability to Awaken to Auditory Stimuli While Improving Sleep?. <i>Journal of Clinical Sleep Medicine</i> , 2019, 15, 1285-1291.	1.4	7
51	Estimating circadian phase in elementary school children: leveraging advances in physiologically informed models of circadian entrainment and wearable devices. <i>Sleep</i> , 2022, 45, .	0.6	7
52	Improved resilience following digital cognitive behavioral therapy for insomnia protects against insomnia and depression one year later. <i>Psychological Medicine</i> , 2023, 53, 3826-3836.	2.7	5
53	Self-efficacy in Insomnia Symptom Management after Digital CBT-I Mediates Insomnia Severity during the COVID-19 Pandemic. <i>Behavioral Sleep Medicine</i> , 2022, 20, 638-648.	1.1	4
54	Moving beyond the "model minority" myth to understand sleep health disparities in Asian American and Pacific Islander communities. <i>Journal of Clinical Sleep Medicine</i> , 2021, 17, 1969-1970.	1.4	4

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55	Risk of excessive sleepiness in sleep restriction therapy and cognitive behavioral therapy for insomnia: a randomized controlled trial. <i>Journal of Clinical Sleep Medicine</i> , 2020, 16, 193-198.	1.4	4
56	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
57	Psychological Impact of Shift Work. <i>Current Sleep Medicine Reports</i> , 2018, 4, 104-109.	0.7	3
58	0366 Changes in Use Of Sleep Aids Following Digital Cognitive Behavioral Therapy for Insomnia. <i>Sleep</i> , 2019, 42, A149-A149.	0.6	1
59	0372 Arousability of Insomnia Patients is Not Impacted by the Orexin Antagonist Suvorexant (10 mg and) Tj ETQq1,1 0.784314 rgBT	0.6	0
60	0359 Comparative Efficacy of Digital CBT-I Versus Stepped-care CBT-I to Reduce Comorbid Depression. <i>Sleep</i> , 2019, 42, A146-A147.	0.6	0
61	0358 Efficacy of a Stepped-care CBT-I Approach For Insomnia. <i>Sleep</i> , 2019, 42, A146-A146.	0.6	0
62	New Kid on the Block: A First Look at the Clinical Use of Pitolisant for Narcolepsy. <i>International Journal of Medical and Pharmaceutical Case Reports</i> , 0, , 1-5.	0.0	0
63	747 Suicidal Ideation Associated with Cognitive Hyperarousal, Rumination and Insomnia in Depressed Perinatal Women. <i>Sleep</i> , 2021, 44, A291-A292.	0.6	0
64	740 Insomnia, cognitive arousal, and perinatal-focused rumination fuel perinatal depression. <i>Sleep</i> , 2021, 44, A289-A289.	0.6	0
65	CBT-I for patients with shift work disorder. , 2022, , 97-113.		0
66	Shift work disorder and treatment. , 2021, , .		0