

List of Publications by Citations

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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.

87 papers	3,493 citations	27 h-index	58 g-index
99 ext. papers	4,547 ext. citations	5.2 avg, IF	5.96 L-index

#	Paper	IF	Citations
87	Social jetlag and obesity. <i>Current Biology</i> , 2012 , 22, 939-43	6.3	783
86	Chronotype modulates sleep duration, sleep quality, and social jet lag in shift-workers. <i>Journal of Biological Rhythms</i> , 2013 , 28, 141-51	3.2	235
85	Association Between Rotating Night Shift Work and Risk of Coronary Heart Disease Among Women. <i>JAMA - Journal of the American Medical Association</i> , 2016 , 315, 1726-34	27.4	196
84	Aligning work and circadian time in shift workers improves sleep and reduces circadian disruption. <i>Current Biology</i> , 2015 , 25, 907-11	6.3	162
83	Sleep in university students prior to and during COVID-19 Stay-at-Home orders. <i>Current Biology</i> , 2020 , 30, R797-R798	6.3	132
82	Sleep and circadian rhythm disruption in social jetlag and mental illness. <i>Progress in Molecular Biology and Translational Science</i> , 2013 , 119, 325-46	4	119
81	Light and the human circadian clock. <i>Handbook of Experimental Pharmacology</i> , 2013 , 311-31	3.2	115
80	The Munich ChronoType Questionnaire for Shift-Workers (MCTQShift). <i>Journal of Biological Rhythms</i> , 2013 , 28, 130-40	3.2	113
79	Night Shift Work, Genetic Risk, and Type 2 Diabetes in the UK Biobank. <i>Diabetes Care</i> , 2018 , 41, 762-769	14.6	103
78	Mismatch of Sleep and Work Timing and Risk of Type 2 Diabetes. <i>Diabetes Care</i> , 2015 , 38, 1707-13	14.6	96
77	Circadian disruption: What do we actually mean?. <i>European Journal of Neuroscience</i> , 2020 , 51, 531-550	3.5	86
76	Human activity and rest in situ. <i>Methods in Enzymology</i> , 2015 , 552, 257-83	1.7	81
75	Validity of the Japanese version of the Munich ChronoType Questionnaire. <i>Chronobiology International</i> , 2014 , 31, 845-50	3.6	81
74	How Accurately Can We Recall Food Timing? A Validity Study of a Novel Food Timing Questionnaire (P18-016-19). <i>Current Developments in Nutrition</i> , 2019 , 3,	0.4	78
73	Sleep Duration and Myocardial Infarction. <i>Journal of the American College of Cardiology</i> , 2019 , 74, 1304-1314	13.1	74
72	Shift-work research: Where do we stand, where should we go?. <i>Sleep and Biological Rhythms</i> , 2010 , 8, 95-105	1.3	72
71	Sleep disorders, depression and anxiety are associated with adverse safety outcomes in healthcare workers: A prospective cohort study. <i>Journal of Sleep Research</i> , 2018 , 27, e12722	5.8	56

70	Rotating night shift work and colorectal cancer risk in the nursesShealth studies. <i>International Journal of Cancer</i> , 2018 , 143, 2709-2717	7.5	55
69	Classifying fMRI-derived resting-state connectivity patterns according to their daily rhythmicity. <i>NeuroImage</i> , 2013 , 71, 298-306	7.9	54
68	The Role of Daylight for Humans: Gaps in Current Knowledge. <i>Clocks & Sleep</i> , 2020 , 2, 61-85	2.9	47
67	The influence of internal time, time awake, and sleep duration on cognitive performance in shiftworkers. <i>Chronobiology International</i> , 2012 , 29, 1127-38	3.6	46
66	Blue-enriched office light competes with natural light as a zeitgeber. <i>Scandinavian Journal of Work, Environment and Health</i> , 2011 , 37, 437-45	4.3	41
65	The μ MCTQ: An Ultra-Short Version of the Munich ChronoType Questionnaire. <i>Journal of Biological Rhythms</i> , 2020 , 35, 98-110	3.2	41
64	Sleep and need for recovery in shift workers: do chronotype and age matter?. <i>Ergonomics</i> , 2016 , 59, 310-24	3.4	36
63	A Review of Human Physiological Responses to Light: Implications for the Development of Integrative Lighting Solutions. <i>LEUKOS - Journal of Illuminating Engineering Society of North America</i> , 2018 , 14, 1-28	3.5	32
62	Sleep and glycemic control in adolescents with type 1 diabetes. <i>Pediatric Diabetes</i> , 2018 , 19, 143-149	3.6	31
61	Prospective study of chronotype and incident depression among middle- and older-aged women in the NursesSHealth Study II. <i>Journal of Psychiatric Research</i> , 2018 , 103, 156-160	5.2	27
60	A novel method to visualise and quantify circadian misalignment. <i>Scientific Reports</i> , 2016 , 6, 38601	4.9	27
59	A unique, fast-forwards rotating schedule with 12-h long shifts prevents chronic sleep debt. <i>Chronobiology International</i> , 2016 , 33, 98-107	3.6	24
58	Chronotype predicts activity patterns in the neural underpinnings of the motor system during the day. <i>Chronobiology International</i> , 2011 , 28, 883-9	3.6	24
57	Are chronotype, social jetlag and sleep duration associated with health measured by Work Ability Index?. <i>Chronobiology International</i> , 2016 , 33, 721-9	3.6	22
56	Recommendations for daytime, evening, and nighttime indoor light exposure to best support physiology, sleep, and wakefulness in healthy adults.. <i>PLoS Biology</i> , 2022 , 20, e3001571	9.7	22
55	Night shift work is associated with an increased risk of asthma. <i>Thorax</i> , 2021 , 76, 53-60	7.3	21
54	Decreased psychomotor vigilance of female shift workers after working night shifts. <i>PLoS ONE</i> , 2019 , 14, e0219087	3.7	20
53	False memories of emotional and neutral words. <i>Behavioural Neurology</i> , 2008 , 19, 7-11	3	20

52	Not later, but longer: sleep, chronotype and light exposure in adolescents with remitted depression compared to healthy controls. <i>European Child and Adolescent Psychiatry</i> , 2017 , 26, 1233-1244	5.5	19
51	Habitual sleep quality and diurnal rhythms of salivary cortisol and dehydroepiandrosterone in postmenopausal women. <i>Psychoneuroendocrinology</i> , 2017 , 84, 172-180	5	19
50	Recommendations for Healthy Daytime, Evening, and Night-Time Indoor Light Exposure		19
49	Circadian Misalignment and Hepatocellular Carcinoma Incidence in the United States. <i>Cancer Epidemiology Biomarkers and Prevention</i> , 2018 , 27, 719-727	4	18
48	The Association Between Resident Physician Work-Hour Regulations and Physician Safety and Health. <i>American Journal of Medicine</i> , 2020 , 133, e343-e354	2.4	17
47	A Chronobiological Evaluation of the Acute Effects of Daylight Saving Time on Traffic Accident Risk. <i>Current Biology</i> , 2020 , 30, 729-735.e2	6.3	17
46	Habitual sleep quality, plasma metabolites and risk of coronary heart disease in post-menopausal women. <i>International Journal of Epidemiology</i> , 2019 , 48, 1262-1274	7.8	16
45	Differences in twenty-four-hour profiles of blue-light exposure between day and night shifts in female medical staff. <i>Science of the Total Environment</i> , 2019 , 653, 1025-1033	10.2	14
44	Shift work practices and opportunities for intervention. <i>Occupational and Environmental Medicine</i> , 2017 , 74, 2-3	2.1	12
43	Short Sleep Duration and Extremely Delayed Chronotypes in Uruguayan Youth: The Role of School Start Times and Social Constraints. <i>Journal of Biological Rhythms</i> , 2020 , 35, 391-404	3.2	12
42	Circadian Biology: Uncoupling Human Body Clocks by Food Timing. <i>Current Biology</i> , 2017 , 27, R656-R658	6.3	12
41	Endogenous modulation of human visual cortex activity improves perception at twilight. <i>Nature Communications</i> , 2018 , 9, 1274	17.4	10
40	Time spent in outdoor light is associated with mood, sleep, and circadian rhythm-related outcomes: A cross-sectional and longitudinal study in over 400,000 UK Biobank participants. <i>Journal of Affective Disorders</i> , 2021 , 295, 347-352	6.6	9
39	Night shift work before and during pregnancy in relation to depression and anxiety in adolescent and young adult offspring. <i>European Journal of Epidemiology</i> , 2019 , 34, 625-635	12.1	8
38	Sleep Duration Patterns in Early to Middle Adulthood and Subsequent Risk of Type 2 Diabetes in Women. <i>Diabetes Care</i> , 2020 , 43, 1219-1226	14.6	8
37	Social Jetlag and Obesity. <i>Current Biology</i> , 2013 , 23, 737	6.3	8
36	Light Me up? Why, When, and How Much Light We Need. <i>Journal of Biological Rhythms</i> , 2019 , 34, 573-575	3.2	8
35	Shift work and cognitive impairment in later life - results of a cross-sectional pilot study testing the feasibility of a large-scale epidemiologic investigation. <i>BMC Public Health</i> , 2018 , 18, 1256	4.1	8

34	Night Shift Work Before and During Pregnancy and Offspring Weight Outcomes Through Adolescence. <i>Obesity</i> , 2018 , 26, 1491-1500	8	7
33	A healthy lifestyle - reducing T2DM risk in shift workers?. <i>Nature Reviews Endocrinology</i> , 2019 , 15, 194-196	5.2	6
32	The impact of shift starting time on sleep duration, sleep quality, and alertness prior to injury in the People's Republic of China. <i>Chronobiology International</i> , 2014 , 31, 1201-8	3.6	6
31	Cross-sectional and prospective associations between sleep regularity and metabolic health in the Hispanic Community Health Study/Study of Latinos. <i>Sleep</i> , 2021 , 44,	1.1	6
30	Sleep and circadian rhythms: pillars of health-a Keystone Symposia report. <i>Annals of the New York Academy of Sciences</i> , 2021 ,	6.5	6
29	Maternal rotating night shift work before pregnancy and offspring stress markers. <i>Physiology and Behavior</i> , 2019 , 207, 185-193	3.5	5
28	Dysregulated daily rhythmicity of neuronal resting-state networks in MCI patients. <i>Chronobiology International</i> , 2014 , 31, 1041-50	3.6	5
27	Night shift work and cardiovascular disease biomarkers in female nurses. <i>American Journal of Industrial Medicine</i> , 2020 , 63, 240-248	2.7	5
26	Circadian, Sleep and Caloric Intake Phenotyping in Type 2 Diabetes Patients With Rare Melatonin Receptor 2 Mutations and Controls: A Pilot Study. <i>Frontiers in Physiology</i> , 2020 , 11, 564140	4.6	5
25	Genetically Proxied Diurnal Preference, Sleep Timing, and Risk of Major Depressive Disorder. <i>JAMA Psychiatry</i> , 2021 , 78, 903-910	14.5	5
24	Early, but not late chronotypes, are up during their biological night when working the night shift. <i>Occupational and Environmental Medicine</i> , 2015 , 72, 235	2.1	4
23	Exogenous melatonin decreases circadian misalignment and body weight among early types. <i>Journal of Pineal Research</i> , 2021 , 71, e12750	10.4	4
22	Sleep Timing in Patients with Precocious and Delayed Pubertal Development. <i>Clocks & Sleep</i> , 2019 , 1, 140-150	2.9	3
21	Interplay of Dinner Timing and MTNR1B Type 2 Diabetes Risk Variant on Glucose Tolerance and Insulin Secretion: A Randomized Crossover Trial.. <i>Diabetes Care</i> , 2022 ,	14.6	3
20	Bidirectional association between light exposure and sleep in adolescents. <i>Journal of Sleep Research</i> , 2021 , e13501	5.8	3
19	Assessment of Type 2 Diabetes Genetic Risk Modification by Shift Work and Morningness-Eveningness Preference in the UK Biobank. <i>Diabetes</i> , 2020 , 69, 259-266	0.9	3
18	Quantifying Diet Intake and Its Association with Cardiometabolic Risk in the UK Airwave Health Monitoring Study: A Data-Driven Approach. <i>Nutrients</i> , 2020 , 12,	6.7	2
17	The effects of shift work and time of day on fine motor control during handwriting. <i>Ergonomics</i> , 2014 , 57, 1488-98	2.9	2

16	Asking the Clock: How to Use Information from Questionnaires for Circadian Phenotyping. <i>Methods in Molecular Biology</i> , 2021 , 2130, 79-85	1.4	2
15	Sleep Duration Moderates the Relationship Between Perceived Work-Life Interference and Depressive Symptoms in Australian Men and Women from the North West Adelaide Health Study. <i>International Journal of Behavioral Medicine</i> , 2021 , 28, 29-38	2.6	2
14	Objective assessment of sleep regularity in 60 000 UK Biobank participants using an open-source package. <i>Sleep</i> , 2021 , 44,	1.1	1
13	Incidence of Daytime Sleepiness and Associated Factors in Two First Nations Communities in Saskatchewan, Canada. <i>Clocks & Sleep</i> , 2019 , 1, 13-25	2.9	1
12	Night work, chronotype and cortisol at awakening in female hospital employees.. <i>Scientific Reports</i> , 2022 , 12, 6525	4.9	1
11	How Accurately Can We Recall the Timing of Food Intake? A Comparison of Food Times from Recall-Based Survey Questions and Daily Food Records.. <i>Current Developments in Nutrition</i> , 2022 , 6, nza002	0.4	0
10	Selection into shift work is influenced by educational attainment and body mass index: a Mendelian randomization study in the UK Biobank. <i>International Journal of Epidemiology</i> , 2021 , 50, 1229-1240	7.8	0
9	Chronotype-specific Sleep in Two Versus Four Consecutive Shifts. <i>Journal of Biological Rhythms</i> , 2021 , 36, 395-409	3.2	0
8	Development of the circadian system in early life: maternal and environmental factors.. <i>Journal of Physiological Anthropology</i> , 2022 , 41, 22	2.5	0
7	0840 Longitudinal Association Of Objective Sleep Duration, Timing, And Regularity With Weight Change In HCHS/SOL Sueb Ancillary Study. <i>Sleep</i> , 2019 , 42, A337-A337	1.1	
6	0045 Decreased Oral Glucose Tolerance And Insulin Response During Biological Evening Versus Morning Among Adults Under Free-living Conditions. <i>Sleep</i> , 2019 , 42, A18-A19	1.1	
5	0192 A Re-appraisal Of The Link Between Daylight Saving Time And Traffic Accidents In The US. <i>Sleep</i> , 2019 , 42, A78-A79	1.1	
4	0839 A Prospective Investigation Of Bidirectional Relationships Between Sleep Duration And Obesity. <i>Sleep</i> , 2019 , 42, A336-A337	1.1	
3	Towards targeted dietary support for shift workers with type 2 diabetes (Shift-Diabetes study): A mixed-methods case study protocol. <i>Diabetic Medicine</i> , 2021 , e14714	3.5	
2	Response to Marti-Olalla. <i>Current Biology</i> , 2020 , 30, R300-R301	6.3	
1	Challenged by extremely irregular school schedules, Uruguayan adolescents only set their waking time.. <i>Journal of Adolescence</i> , 2022 , 94, 488-492	3.4	