Charmane I Eastman

List of Publications by Year
in descending order

89 papers	7,528 citations	36691 53 h-index	64407 83 g-index
91 all docs	91 docs citations	91 times ranked	3881 citing authors

#	Article	IF	Citations
1	Light and melatonin treatment for jet lag. , 2023, , 691-698.		1
2	Circadian Phase Advances in Response to Weekend Morning Light in Adolescents With Short Sleep and Late Bedtimes on School Nights. Frontiers in Neuroscience, 2020, 14, 99.	1.4	11
3	0260 Shifting Late- And Short-sleeping Teens Earlier. Sleep, 2019, 42, A106-A106.	0.6	0
4	0261 Shifting Circadian Phase and School-night Bedtime Earlier Improves Visual Creativity and Inhibition in Adolescents. Sleep, 2019, 42, A106-A107.	0.6	0
5	0799 Acceptability of Weekend Morning Bright Light and Earlier School-Night Bedtimes among Adolescents. Sleep, 2019, 42, A321-A321.	0.6	0
6	Freeâ€running circadian period in adolescents and adults. Journal of Sleep Research, 2018, 27, e12678.	1.7	34
7	Circadian phase, circadian period and chronotype are reproducible over months. Chronobiology International, 2018, 35, 280-288.	0.9	43
8	Late bedtimes prevent circadian phase advances to morning bright light in adolescents. Chronobiology International, 2018, 35, 1748-1752.	0.9	8
9	Diagnosis and Treatment of Non-24-h Sleepâ€“Wake Disorder in the Blind. Drugs, 2017, 77, 637-650.	4.9	39
10	Sex and ancestry determine the freeâ€running circadian period. Journal of Sleep Research, 2017, 26, 547-550.	1.7	33
11	Human Adolescent Phase Response Curves to Bright White Light. Journal of Biological Rhythms, 2017, 32, 334-344.	1.4	46
12	Sleep and cognitive performance of African-Americans and European-Americans before and during circadian misalignment produced by an abrupt 9-h delay in the sleep/wake schedule. PLoS ONE, 2017, 12, e0186843.	1.1	7
13	Advancing the sleep/wake schedule impacts the sleep of African-Americans more than European-Americans. PLoS ONE, 2017, 12, e0186887.	1.1	12
14	Circadian rhythms of European and African-Americans after a large delay of sleep as in jet lag and night work. Scientific Reports, 2016, 6, 36716.	1.6	41
15	Circadian rhythm phase shifts and endogenous free-running circadian period differ between African-Americans and European-Americans. Scientific Reports, 2015, 5, 8381.	1.6	79
16	Phase advancing human circadian rhythms with morning bright light, afternoon melatonin, and gradually shifted sleep: can we reduce morning bright-light duration?. Sleep Medicine, 2015, 16, 288-297.	0.8	63
17	Entraining the free-running circadian clocks of blind people. Lancet, The, 2015, 386, 1713-1714.	6.3	6
18	Phase delaying the human circadian clock with a single light pulse and moderate delay of the sleep/dark episode: no influence of iris color. Journal of Circadian Rhythms, 2014, 7, 8.	2.9	16

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19	Melatonin in the afternoons of a gradually advancing sleep schedule enhances the circadian rhythm phase advance. Psychopharmacology, 2013, 225, 825-837.	1.5	34
20	Shift work: health, performance and safety problems, traditional countermeasures, and innovative management strategies to reduce circadian misalignment. Nature and Science of Sleep, 2012, 4, 111.	1.4	110
21	Blacks (African Americans) Have Shorter Free-Running Circadian Periods Than Whites (Caucasian) Tj ETQq1 1 0.784314 rgBT /Overloc	0.9	73
22	Jet Lag and Its Prevention. , 2012, , 390-401.		10
23	Human phase response curve to intermittent blue light using a commercially available device. Journal of Physiology, 2012, 590, 4859-4868.	1.3	64
24	How to Get a Bigger Dose of Bright Light. Sleep, 2011, 34, 559-560.	0.6	15
25	Human Phase Response Curves to Three Days of Daily Melatonin: 0.5 mgVersus3.0 mg. Journal of Clinical Endocrinology and Metabolism, 2010, 95, 3325-3331.	1.8	188
26	Racial Differences in the Human Endogenous Circadian Period. PLoS ONE, 2009, 4, e6014.	1.1	93
27	Phase advancing the human circadian clock with blue-enriched polychromatic light. Sleep Medicine, 2009, 10, 287-294.	0.8	107
28	Practical Interventions to Promote Circadian Adaptation to Permanent Night Shift Work: Study 4. Journal of Biological Rhythms, 2009, 24, 161-172.	1.4	87
29	How to Travel the World Without Jet Lag. Sleep Medicine Clinics, 2009, 4, 241-255.	1.2	101
30	Phase Delaying the Human Circadian Clock with Blue-Enriched Polychromatic Light. Chronobiology International, 2009, 26, 709-725.	0.9	91
31	A Compromise Circadian Phase Position for Permanent Night Work Improves Mood, Fatigue, and Performance. Sleep, 2009, 32, 1481-1489.	0.6	78
32	A three pulse phase response curve to three milligrams of melatonin in humans. Journal of Physiology, 2008, 586, 639-647.	1.3	148
33	Shaping the light/dark pattern for circadian adaptation to night shift work. Physiology and Behavior, 2008, 95, 449-456.	1.0	46
34	Human Tau in an Ultradian Light-Dark Cycle. Journal of Biological Rhythms, 2008, 23, 374-376.	1.4	42
35	Night Shift Performance is Improved by a Compromise Circadian Phase Position: Study 3. Circadian Phase after 7 Night Shifts with an Intervening Weekend Off. Sleep, 2008, 31, 1639-1645.	0.6	59
36	A Compromise Phase Position for Permanent Night Shift Workers: Circadian Phase after Two Night Shifts with Scheduled Sleep and Light/Dark Exposure. Chronobiology International, 2006, 23, 859-875.	0.9	76

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37	A late wake time phase delays the human dim light melatonin rhythm. Neuroscience Letters, 2006, 395, 191-195.	1.0	80
38	Short Nights Reduce Light-Induced Circadian Phase Delays in Humans. Sleep, 2006, 29, 25-30.	0.6	22
39	Advancing Human Circadian Rhythms with Afternoon Melatonin and Morning Intermittent Bright Light. Journal of Clinical Endocrinology and Metabolism, 2006, 91, 54-59.	1.8	176
40	Advancing Circadian Rhythms Before Eastward Flight: A Strategy to Prevent or Reduce Jet Lag. Sleep, 2005, 28, 33-44.	0.6	120
41	The dim light melatonin onset following fixed and free sleep schedules. Journal of Sleep Research, 2005, 14, 229-237.	1.7	139
42	Circadian phase determined from melatonin profiles is reproducible after 1â€ƒwk in subjects who sleep later on weekends. Journal of Pineal Research, 2005, 39, 195-200.	3.4	34
43	Short Nights Attenuate Light-Induced Circadian Phase Advances in Humans. Journal of Clinical Endocrinology and Metabolism, 2005, 90, 4437-4440.	1.8	20
44	How to Trick Mother Nature into Letting You Fly Around or Stay Up All Night. Journal of Biological Rhythms, 2005, 20, 353-365.	1.4	134
45	Morning Melatonin Has Limited Benefit as a Soporific For Daytime Sleep After Night Work. Chronobiology International, 2005, 22, 873-888.	0.9	30
46	Bright Light Therapy for Winter Depressionâ€”Is Phase Advancing Beneficial?. Chronobiology International, 2004, 21, 759-775.	0.9	48
47	Early versus late bedtimes phase shift the human dim light melatonin rhythm despite a fixed morning lights on time. Neuroscience Letters, 2004, 356, 115-118.	1.0	79
48	Complete or Partial Circadian Re-entrainment Improves Performance, Alertness, and Mood During Night-Shift Work. Sleep, 2004, 27, 1077-1087.	0.6	102
49	Combinations of Bright Light, Scheduled Dark, Sunglasses, and Melatonin to Facilitate Circadian Entrainment to Night Shift Work. Journal of Biological Rhythms, 2003, 18, 513-523.	1.4	189
50	Preflight Adjustment to Eastward Travel:3 Days of Advancing Sleep with and without Morning Bright Light. Journal of Biological Rhythms, 2003, 18, 318-328.	1.4	134
51	Circadian phase-shifting effects of nocturnal exercise in older compared with young adults. American Journal of Physiology - Regulatory Integrative and Comparative Physiology, 2003, 284, R1542-R1550.	0.9	115
52	SLEEP LOGS OF YOUNG ADULTS WITH SELF-SELECTED SLEEP TIMES PREDICT THE DIM LIGHT MELATONIN ONSET. Chronobiology International, 2002, 19, 695-707.	0.9	134
53	Melatonin phase shifts human circadian rhythms in a placebo-controlled simulated night-work study. American Journal of Physiology - Regulatory Integrative and Comparative Physiology, 2002, 282, R454-R463.	0.9	106
54	Bright light, dark and melatonin can promote circadian adaptation in night shift workers. Sleep Medicine Reviews, 2002, 6, 407-420.	3.8	215

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55	The effects of prior light history on the suppression of melatonin by light in humans. Journal of Pineal Research, 2002, 33, 198-203.	3.4	362
56	Bright light, dark and melatonin can promote circadian adaptation in night shift workers. Sleep Medicine Reviews, 2002, 6, 407-20.	3.8	58
57	Effects of melatonin administration on daytime sleep after simulated night shift work. Journal of Sleep Research, 2001, 10, 181-192.	1.7	127
58	Individual differences in the phase and amplitude of the human circadian temperature rhythm: with an emphasis on morningness-eveningness. Journal of Sleep Research, 2000, 9, 117-127.	1.7	451
59	FAILURE OF EXTRAOCULAR LIGHT TO FACILITATE CIRCADIAN RHYTHM REENTRAINMENT IN HUMANS. Chronobiology International, 2000, 17, 807-826.	0.9	66
60	Intermittent bright light and exercise to entrain human circadian rhythms to night work. American Journal of Physiology - Regulatory Integrative and Comparative Physiology, 1999, 277, R1598-R1604.	0.9	55
61	How to use light and dark to produce circadian adaptation to night shift work. Annals of Medicine, 1999, 31, 87-98.	1.5	155
62	Nocturnal melatonin secretion is not suppressed by light exposure behind the knee in humans. Neuroscience Letters, 1999, 274, 127-130.	1.0	36
63	Bright Light Treatment of Winter Depression. Archives of General Psychiatry, 1998, 55, 883.	13.8	304
64	Conflicting Bright Light Exposure during Night Shifts Impedes Circadian Adaptation. Journal of Biological Rhythms, 1997, 12, 5-15.	1.4	66
65	Which environmental variables are related to the onset of seasonal affective disorder?. Journal of Abnormal Psychology, 1997, 106, 554-562.	2.0	121
66	Circadian Rhythm Adaptation to Simulated Night Shift Work: Effect of Nocturnal Bright-Light Duration. Sleep, 1995, 18, 399-407.	0.6	80
67	Light Treatment for Sleep Disorders: Consensus Report. Journal of Biological Rhythms, 1995, 10, 129-132.	1.4	101
68	Light Treatment for Sleep Disorders: Consensus Report. Journal of Biological Rhythms, 1995, 10, 151-154.	1.4	99
69	Light Treatment for Sleep Disorders: Consensus Report. Journal of Biological Rhythms, 1995, 10, 157-164.	1.4	148
70	Effect of Sex, Menstrual Cycle Phase, and Oral Contraceptive Use on Circadian Temperature Rhythms. Chronobiology International, 1995, 12, 257-266.	0.9	53
71	Light Treatment for Sleep Disorders: Consensus Report. Journal of Biological Rhythms, 1995, 10, 167-176.	1.4	110
72	Light Treatment for Sleep Disorders: Consensus Report. Journal of Biological Rhythms, 1995, 10, 135-147.	1.4	88

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73	Light Treatment for Sleep Disorders: Consensus Report. Journal of Biological Rhythms, 1995, 10, 105-109.	1.4	39
74	Light Treatment for Sleep Disorders: Consensus Report. Journal of Biological Rhythms, 1995, 10, 113-125.	1.4	79
75	Phase-shifting human circadian rhythms with exercise during the night shift. Physiology and Behavior, 1995, 58, 1287-1291.	1.0	129
76	Light Treatment for NASA Shiftworkers. Chronobiology International, 1995, 12, 141-151.	0.9	69
77	Evening Alcohol Consumption Alters the Circadian Rhythm of Body Temperature. Chronobiology International, 1994, 11, 141-142.	0.9	9
78	Dark Goggles and Bright Light Improve Circadian Rhythm Adaptation to Night-Shift Work. Sleep, 1994, 17, 535-543.	0.6	170
79	Circadian rhythms during gradually delaying and advancing sleep and light schedules. Physiology and Behavior, 1993, 53, 119-126.	1.0	20
80	The circadian rhythm of temperature during light treatment for winter depression. Biological Psychiatry, 1993, 34, 210-220.	0.7	62
81	A placebo-controlled trial of light treatment for winter depression. Journal of Affective Disorders, 1992, 26, 211-221.	2.0	58
82	The temporal onset of individual symptoms in winter depression: differentiating underlying mechanisms. Journal of Affective Disorders, 1991, 22, 191-197.	2.0	91
83	Squashing versus Nudging Circadian Rhythms with Artificial Bright Light: Solutions for Shift Work?. Perspectives in Biology and Medicine, 1991, 34, 181-196.	0.3	35
84	Circadian rhythms and bright light: Recommendations for shift work. Work and Stress, 1990, 4, 245-260.	2.8	64
85	Natural summer and winter sunlight exposure patterns in seasonal affective disorder. Physiology and Behavior, 1990, 48, 611-616.	1.0	50
86	The circadian rhythm of temperature in humans during a 26-hr sleep-wake schedule. Physiology and Behavior, 1987, 40, 17-23.	1.0	8
87	Suprachiasmatic nuclei lesions eliminate circadian temperature and sleep rhythms in the rat. Physiology and Behavior, 1984, 32, 357-368.	1.0	191
88	Circadian temperature and wake rhythms of rats exposed to prolonged continuous illumination. Physiology and Behavior, 1983, 31, 417-427.	1.0	138
89	How to reduce circadian misalignment in rotating shift workers. ChronoPhysiology and Therapy, 0, Volume 6, 41-46.	0.5	9