Kai Spiegelhalder

List of Publications by Year
in descending order

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72 papers	10,696 citations	108046 37 h-index	93651 72 g-index
77 all docs	77 docs citations	77 times ranked	10171 citing authors

#	Article	IF	Citations
1	Help for insomnia from the app store? A standardized rating of mobile health applications claiming to target insomnia. Journal of Sleep Research, 2023, 32, .	1.7	8
2	Coâ€ordination of brain and heart oscillations during nonâ€rapid eye movement sleep. Journal of Sleep Research, 2022, 31, e13466.	1.7	7
3	Effectiveness of an internetâ€based intervention to improve sleep difficulties in a culturally diverse sample of international students: A randomised controlled pilot study. Journal of Sleep Research, 2022, 31, e13493.	1.7	6
4	Daridorexant for insomnia disorder. Lancet Neurology, The, 2022, 21, 104-105.	4.9	4
5	HPA axis activity in patients with chronic insomnia: A systematic review and meta-analysis of caseâ€“control studies. Sleep Medicine Reviews, 2022, 62, 101588.	3.8	25
6	Cognitive behavioral therapy for insomnia in patients with mental disorders and comorbid insomnia: A systematic review and meta-analysis. Sleep Medicine Reviews, 2022, 62, 101597.	3.8	80
7	Engaging Refugees With a Culturally Adapted Digital Intervention to Improve Sleep: A Randomized Controlled Pilot Trial. Frontiers in Psychiatry, 2022, 13, 832196.	1.3	19
8	Insomnia disorder: State of the science and challenges for the future. Journal of Sleep Research, 2022, 31, .	1.7	77
9	No Association Between Amygdala Responses to Negative Faces and Depressive Symptoms: Cross-Sectional Data from 28,638 Individuals in the UK Biobank Cohort. American Journal of Psychiatry, 2022, 179, 509-513.	4.0	11
10	Psychological interventions to improve sleep in college students: A metaâ€analysis of randomized controlled trials. Journal of Sleep Research, 2021, 30, e13097.	1.7	20
11	ENIGMAâ€Sleep: Challenges, opportunities, and the road map. Journal of Sleep Research, 2021, 30, e13347.	1.7	19
12	Guided Internet-Based Cognitive Behavioral Therapy for Insomnia: Health-Economic Evaluation From the Societal and Public Health Care Perspective Alongside a Randomized Controlled Trial. Journal of Medical Internet Research, 2021, 23, e25609.	2.1	7
13	Cognitive behavioral treatment for insomnia is equally effective in insomnia patients with objective short and normal sleep duration. Sleep Medicine, 2020, 66, 271-275.	0.8	22
14	The European Academy for Cognitive Behavioural Therapy for Insomnia: An initiative of the European Insomnia Network to promote implementation and dissemination of treatment. Journal of Sleep Research, 2020, 29, e12967.	1.7	138
15	Affect and Arousal in Insomnia: Through a Lens of Neuroimaging Studies. Current Psychiatry Reports, 2020, 22, 44.	2.1	37
16	Hippocampal and medial prefrontal cortical volume is associated with overnight declarative memory consolidation independent of specific sleep oscillations. Journal of Sleep Research, 2020, 29, e13062.	1.7	2
17	The effects of digital cognitive behavioral therapy for insomnia on cognitive function: a randomized controlled trial. Sleep, 2020, 43, .	0.6	36
18	Cognitive behavioural therapy for insomnia does not appear to have a substantial impact on early markers of cardiovascular disease: A preliminary randomized controlled trial. Journal of Sleep Research, 2020, 29, e13102.	1.7	16

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19	A Systematic Review and Network Meta-Analysis of Randomized Controlled Trials Evaluating the Evidence Base of Melatonin, Light Exposure, Exercise, and Complementary and Alternative Medicine for Patients with Insomnia Disorder. Journal of Clinical Medicine, 2020, 9, 1949.	1.0	40
20	Efficacy of a Self-Help Web-Based Recovery Training in Improving Sleep in Workers: Randomized Controlled Trial in the General Working Population. Journal of Medical Internet Research, 2020, 22, e13346.	2.1	30
21	Genome-wide association analysis of self-reported daytime sleepiness identifies 42 loci that suggest biological subtypes. Nature Communications, 2019, 10, 3503.	5.8	117
22	Neuroimaging insights into the link between depression and Insomnia: A systematic review. Journal of Affective Disorders, 2019, 258, 133-143.	2.0	44
23	Editorial: Neuroimaging Findings in Sleep Disorders and Circadian Disruption. Frontiers in Neurology, 2019, 10, 249.	1.1	1
24	Genome-wide association study identifies genetic loci for self-reported habitual sleep duration supported by accelerometer-derived estimates. Nature Communications, 2019, 10, 1100.	5.8	369
25	Can spectral power predict subjective sleep quality in healthy individuals?. Journal of Sleep Research, 2019, 28, e12848.	1.7	26
26	Biological and clinical insights from genetics of insomnia symptoms. Nature Genetics, 2019, 51, 387-393.	9.4	250
27	Sleep orchestrates indices of local plasticity and global network stability in the human cortex. Sleep, 2019, 42, .	0.6	9
28	Insomnia as a predictor of mental disorders: A systematic review and meta-analysis. Sleep Medicine Reviews, 2019, 43, 96-105.	3.8	614
29	Differential effects of bifrontal tDCS on arousal and sleep duration in insomnia patients and healthy controls. Brain Stimulation, 2019, 12, 674-683.	0.7	42
30	Pre-Sleep Arousal Scale (PSAS) and the Time Monitoring Behavior-10 scale (TMB-10) in good sleepers and patients with insomnia. Sleep Medicine, 2019, 56, 98-103.	0.8	10
31	Declarative virtual water maze learning and emotional fear conditioning in primary insomnia. Journal of Sleep Research, 2018, 27, e12693.	1.7	7
32	The effectiveness of behavioural and cognitive behavioural therapies for insomnia on depressive and fatigue symptoms: A systematic review and network meta-analysis. Sleep Medicine Reviews, 2018, 37, 114-129.	3.8	114
33	Reference Data for Polysomnography-Measured and Subjective Sleep in Healthy Adults. Journal of Clinical Sleep Medicine, 2018, 14, 523-532.	1.4	61
34	Does Perfectionism Increase the Risk for Dropout From Cognitive Behavioral Therapy for Insomnia?. Journal of Clinical Sleep Medicine, 2018, 14, 487-488.	1.4	15
35	Making sleep easier: pharmacological interventions for insomnia. Expert Opinion on Pharmacotherapy, 2018, 19, 1465-1473.	0.9	42
36	Reply to Hua Liu, HaiCun Shi and PingLei Pan: Coordinate based meta-analyses in a medium sized literature: Considerations, limitations and road ahead. Sleep Medicine Reviews, 2018, 42, 236-238.	3.8	12

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37	A lack of consistent brain alterations in insomnia disorder: An activation likelihood estimation meta-analysis. Sleep Medicine Reviews, 2018, 42, 111-118.	3.8	89
38	Brief periods of NREM sleep do not promote early offline gains but subsequent on-task performance in motor skill learning. Neurobiology of Learning and Memory, 2017, 145, 18-27.	1.0	11
39	European guideline for the diagnosis and treatment of insomnia. Journal of Sleep Research, 2017, 26, 675-700.	1.7	1,334
40	Sleep and cognitive performance: cross-sectional associations inÂtheÂUK Biobank. Sleep Medicine, 2017, 38, 85-91.	0.8	102
41	Associations between selfâ€reported sleep quality and white matter in communityâ€dwelling older adults: A prospective cohort study. Human Brain Mapping, 2017, 38, 5465-5473.	1.9	87
42	Clinical Sleepâ€“Wake Disorders II: Focus on Insomnia and Circadian Rhythm Sleep Disorders. Handbook of Experimental Pharmacology, 2017, 253, 261-276.	0.9	12
43	Sleep Stage Transition Dynamics Reveal Specific Stage 2 Vulnerability in Insomnia. Sleep, 2017, 40, .	0.6	32
44	Effects of digital Cognitive Behavioural Therapy for Insomnia on cognitive function: study protocol for a randomised controlled trial. Trials, 2017, 18, 281.	0.7	12
45	Perfectionism and Polysomnography-Determined Markers of Poor Sleep. Journal of Clinical Sleep Medicine, 2017, 13, 1319-1326.	1.4	20
46	Insomnia with objective short sleep duration is associated with longer duration of insomnia in the Freiburg Insomnia Cohort compared to insomnia with normal sleep duration, but not with hypertension. PLoS ONE, 2017, 12, e0180339.	1.1	43
47	Polysomnographic Characteristics of Sleep in Stroke: A Systematic Review and Meta-Analysis. PLoS ONE, 2016, 11, e0148496.	1.1	52
48	Magnetic Resonance Spectroscopy in Patients with Insomnia: A Repeated Measurement Study. PLoS ONE, 2016, 11, e0156771.	1.1	31
49	Modulation of Total Sleep Time by Transcranial Direct Current Stimulation (tDCS). Neuropsychopharmacology, 2016, 41, 2577-2586.	2.8	76
50	Sleep and mental disorders: A meta-analysis of polysomnographic research.. Psychological Bulletin, 2016, 142, 969-990.	5.5	658
51	Sleep recalibrates homeostatic and associative synaptic plasticity in the human cortex. Nature Communications, 2016, 7, 12455.	5.8	109
52	Sleep Strengthens but does Not Reorganize Memory Traces in a Verbal Creativity Task. Sleep, 2016, 39, 705-713.	0.6	30
53	Slow dissolving of emotional distress contributes to hyperarousal. Proceedings of the National Academy of Sciences of the United States of America, 2016, 113, 2538-2543.	3.3	133
54	Insomnia disorder. Nature Reviews Disease Primers, 2015, 1, 15026.	18.1	425

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55	REM sleep and memory reorganization: Potential relevance for psychiatry and psychotherapy. Neurobiology of Learning and Memory, 2015, 122, 28-40.	1.0	48
56	Neuroimaging Insights into Insomnia. Current Neurology and Neuroscience Reports, 2015, 15, 9.	2.0	62
57	The neurobiology, investigation, and treatment of chronic insomnia. Lancet Neurology, The, 2015, 14, 547-558.	4.9	385
58	The exploratory power of sleep effort, dysfunctional beliefs and arousal for insomnia severity and polysomnographyâ€determined sleep. Journal of Sleep Research, 2015, 24, 399-406.	1.7	29
59	Sleep-related attentional bias in insomnia: A state-of-the-science review. Clinical Psychology Review, 2015, 42, 16-27.	6.0	83
60	Altered Emotion Perception in Insomnia Disorder. Sleep, 2014, 37, 775-783.	0.6	79
61	Sleep changes in the disorder of insomnia: A meta-analysis of polysomnographic studies. Sleep Medicine Reviews, 2014, 18, 195-213.	3.8	261
62	The reorganisation of memory during sleep. Sleep Medicine Reviews, 2014, 18, 531-541.	3.8	145
63	Insomnia Disorder is Associated with Increased Amygdala Reactivity to Insomnia-Related Stimuli. Sleep, 2014, 37, 1907-1917.	0.6	125
64	The Relationship between Brain Morphology and Polysomnography in Healthy Good Sleepers. PLoS ONE, 2014, 9, e109336.	1.1	10
65	The microstructure of sleep in primary insomnia: An overview and extension. International Journal of Psychophysiology, 2013, 89, 171-180.	0.5	128
66	Insomnia Does Not Appear to be Associated With Substantial Structural Brain Changes. Sleep, 2013, 36, 731-737.	0.6	97
67	Increased EEG sigma and beta power during NREM sleep in primary insomnia. Biological Psychology, 2012, 91, 329-333.	1.1	151
68	No pain, no gain: An exploratory within-subjects mixed-methods evaluation of the patient experience of sleep restriction therapy (SRT) for insomnia. Sleep Medicine, 2011, 12, 735-747.	0.8	149
69	Insomnia as a predictor of depression: A meta-analytic evaluation of longitudinal epidemiological studies. Journal of Affective Disorders, 2011, 135, 10-19.	2.0	1,881
70	The hyperarousal model of insomnia: A review of the concept and its evidence. Sleep Medicine Reviews, 2010, 14, 19-31.	3.8	1,265
71	Does REM sleep contribute to subjective wake time in primary insomnia? A comparison of polysomnographic and subjective sleep in 100 patients. Journal of Sleep Research, 2008, 17, 180-190.	1.7	168
72	Restless Legs Syndrome in Older Adults. Clinics in Geriatric Medicine, 2008, 24, 167-180.	1.0	21