

# Michael A Grandner, Mtr

## List of Publications by Citations

**Source:** <https://exaly.com/author-pdf/4610610/michael-a-grandner-mtr-publications-by-citations.pdf>

**Version:** 2024-04-18

This document has been generated based on the publications and citations recorded by exaly.com. For the latest version of this publication list, visit the link given above.

The third column is the impact factor (IF) of the journal, and the fourth column is the number of citations of the article.

208  
papers

9,103  
citations

47  
h-index

92  
g-index

244  
ext. papers

11,663  
ext. citations

3.9  
avg, IF

6.69  
L-index

#	Paper	IF	Citations
208	Recommended Amount of Sleep for a Healthy Adult: A Joint Consensus Statement of the American Academy of Sleep Medicine and Sleep Research Society. <i>Sleep</i> , <b>2015</b> , 38, 843-4	1.1	500
207	Joint Consensus Statement of the American Academy of Sleep Medicine and Sleep Research Society on the Recommended Amount of Sleep for a Healthy Adult: Methodology and Discussion. <i>Sleep</i> , <b>2015</b> , 38, 1161-83	1.1	380
206	Sleep Duration and Quality: Impact on Lifestyle Behaviors and Cardiometabolic Health: A Scientific Statement From the American Heart Association. <i>Circulation</i> , <b>2016</b> , 134, e367-e386	16.7	379
205	Mortality associated with short sleep duration: The evidence, the possible mechanisms, and the future. <i>Sleep Medicine Reviews</i> , <b>2010</b> , 14, 191-203	10.2	342
204	Who gets the best sleep? Ethnic and socioeconomic factors related to sleep complaints. <i>Sleep Medicine</i> , <b>2010</b> , 11, 470-8	4.6	325
203	Mental health in elite athletes: International Olympic Committee consensus statement (2019). <i>British Journal of Sports Medicine</i> , <b>2019</b> , 53, 667-699	10.3	302
202	Who are the long sleepers? Towards an understanding of the mortality relationship. <i>Sleep Medicine Reviews</i> , <b>2007</b> , 11, 341-60	10.2	266
201	Criterion validity of the Pittsburgh Sleep Quality Index: Investigation in a non-clinical sample. <i>Sleep and Biological Rhythms</i> , <b>2006</b> , 4, 129-139	1.3	260
200	Short and long sleep duration associated with race/ethnicity, sociodemographics, and socioeconomic position. <i>Sleep</i> , <b>2014</b> , 37, 601-11	1.1	236
199	Recommended Amount of Sleep for a Healthy Adult: A Joint Consensus Statement of the American Academy of Sleep Medicine and Sleep Research Society. <i>Journal of Clinical Sleep Medicine</i> , <b>2015</b> , 11, 591-2	3.1	232
198	"Sleep disparity" in the population: poor sleep quality is strongly associated with poverty and ethnicity. <i>BMC Public Health</i> , <b>2010</b> , 10, 475	4.1	213
197	Sleep disparity, race/ethnicity, and socioeconomic position. <i>Sleep Medicine</i> , <b>2016</b> , 18, 7-18	4.6	186
196	Sleep, Health, and Society. <i>Sleep Medicine Clinics</i> , <b>2017</b> , 12, 1-22	3.6	182
195	Habitual sleep duration associated with self-reported and objectively determined cardiometabolic risk factors. <i>Sleep Medicine</i> , <b>2014</b> , 15, 42-50	4.6	182
194	Sleep disturbance is associated with cardiovascular and metabolic disorders. <i>Journal of Sleep Research</i> , <b>2012</b> , 21, 427-33	5.8	181
193	Problems associated with short sleep: bridging the gap between laboratory and epidemiological studies. <i>Sleep Medicine Reviews</i> , <b>2010</b> , 14, 239-47	10.2	179
192	Sleep symptoms, race/ethnicity, and socioeconomic position. <i>Journal of Clinical Sleep Medicine</i> , <b>2013</b> , 9, 897-905; 905A-905D	3.1	178

191	Joint Consensus Statement of the American Academy of Sleep Medicine and Sleep Research Society on the Recommended Amount of Sleep for a Healthy Adult: Methodology and Discussion. <i>Journal of Clinical Sleep Medicine</i> , <b>2015</b> , 11, 931-52	3.1	175
190	Dietary nutrients associated with short and long sleep duration. Data from a nationally representative sample. <i>Appetite</i> , <b>2013</b> , 64, 71-80	4.5	168
189	Sleep duration versus sleep insufficiency as predictors of cardiometabolic health outcomes. <i>Sleep Medicine</i> , <b>2012</b> , 13, 1261-70	4.6	146
188	Sleep duration, cardiovascular disease, and proinflammatory biomarkers. <i>Nature and Science of Sleep</i> , <b>2013</b> , 5, 93-107	3.6	146
187	Relationships among dietary nutrients and subjective sleep, objective sleep, and napping in women. <i>Sleep Medicine</i> , <b>2010</b> , 11, 180-4	4.6	129
186	Sleep symptoms associated with intake of specific dietary nutrients. <i>Journal of Sleep Research</i> , <b>2014</b> , 23, 22-34	5.8	124
185	Age and sleep disturbances among American men and women: data from the U.S. Behavioral Risk Factor Surveillance System. <i>Sleep</i> , <b>2012</b> , 35, 395-406	1.1	118
184	Extreme sleep durations and increased C-reactive protein: effects of sex and ethnorracial group. <i>Sleep</i> , <b>2013</b> , 36, 769-779E	1.1	112
183	Social and Behavioral Determinants of Perceived Insufficient Sleep. <i>Frontiers in Neurology</i> , <b>2015</b> , 6, 112	4.1	101
182	Self-reported sleep complaints with long and short sleep: a nationally representative sample. <i>Psychosomatic Medicine</i> , <b>2004</b> , 66, 239-41	3.7	98
181	Wake up call for collegiate athlete sleep: narrative review and consensus recommendations from the NCAA Interassociation Task Force on Sleep and Wellness. <i>British Journal of Sports Medicine</i> , <b>2019</b> , 53, 731-736	10.3	96
180	Perceived racial discrimination as an independent predictor of sleep disturbance and daytime fatigue. <i>Behavioral Sleep Medicine</i> , <b>2012</b> , 10, 235-49	4.2	94
179	The 24-Hour Activity Cycle: A New Paradigm for Physical Activity. <i>Medicine and Science in Sports and Exercise</i> , <b>2019</b> , 51, 454-464	1.2	84
178	Relationship between sleep duration and body mass index depends on age. <i>Obesity</i> , <b>2015</b> , 23, 2491-8	8	80
177	Sleep and the athlete: narrative review and 2021 expert consensus recommendations. <i>British Journal of Sports Medicine</i> , <b>2020</b> ,	10.3	79
176	Smoking, Screen-Based Sedentary Behavior, and Diet Associated with Habitual Sleep Duration and Chronotype: Data from the UK Biobank. <i>Annals of Behavioral Medicine</i> , <b>2016</b> , 50, 715-726	4.5	76
175	Sleep Duration and Diabetes Risk: Population Trends and Potential Mechanisms. <i>Current Diabetes Reports</i> , <b>2016</b> , 16, 106	5.6	75
174	Racial/ethnic disparities in sleep health and health care: importance of the sociocultural context. <i>Sleep Health</i> , <b>2015</b> , 1, 28-35	4	70

173	Suicide and sleep: Is it a bad thing to be awake when reason sleeps?. <i>Sleep Medicine Reviews</i> , <b>2016</b> , 29, 101-7	10.2	66
172	Digital media use in the 2 h before bedtime is associated with sleep variables in university students. <i>Computers in Human Behavior</i> , <b>2016</b> , 55, 43-50	7.7	65
171	Suicidal ideation during the COVID-19 pandemic: The role of insomnia. <i>Psychiatry Research</i> , <b>2020</b> , 290, 113134	9.9	64
170	Sleep: important considerations for the prevention of cardiovascular disease. <i>Current Opinion in Cardiology</i> , <b>2016</b> , 31, 551-65	2.1	64
169	Sleep Duration and Hypertension: Analysis of > 700,000 Adults by Age and Sex. <i>Journal of Clinical Sleep Medicine</i> , <b>2018</b> , 14, 1031-1039	3.1	64
168	Where are the Behavioral Sleep Medicine Providers and Where are They Needed? A Geographic Assessment. <i>Behavioral Sleep Medicine</i> , <b>2016</b> , 14, 687-98	4.2	60
167	Addressing sleep disturbances: an opportunity to prevent cardiometabolic disease?. <i>International Review of Psychiatry</i> , <b>2014</b> , 26, 155-76	3.6	56
166	Melatonin pharmacokinetics following two different oral surge-sustained release doses in older adults. <i>Journal of Pineal Research</i> , <b>2012</b> , 52, 437-45	10.4	56
165	A prospective study of weight gain associated with chronotype among college freshmen. <i>Chronobiology International</i> , <b>2013</b> , 30, 682-90	3.6	56
164	Short and long sleep duration and risk of drowsy driving and the role of subjective sleep insufficiency. <i>Accident Analysis and Prevention</i> , <b>2013</b> , 59, 618-22	6.1	53
163	Trouble Sleeping Associated With Lower Work Performance and Greater Health Care Costs: Longitudinal Data From Kansas State Employee Wellness Program. <i>Journal of Occupational and Environmental Medicine</i> , <b>2015</b> , 57, 1031-8	2	48
162	Validation of a physical activity accelerometer device worn on the hip and wrist against polysomnography. <i>Sleep Health</i> , <b>2018</b> , 4, 209-216	4	45
161	Suicidal ideation in veterans misusing alcohol: relationships with insomnia symptoms and sleep duration. <i>Addictive Behaviors</i> , <b>2014</b> , 39, 399-405	4.2	43
160	From sleep duration to mortality: implications of meta-analysis and future directions. <i>Journal of Sleep Research</i> , <b>2009</b> , 18, 145-7	5.8	43
159	Nocturnal Wakefulness as a Previously Unrecognized Risk Factor for Suicide. <i>Journal of Clinical Psychiatry</i> , <b>2016</b> , 77, e726-33	4.6	43
158	Timing Matters: Circadian Rhythm in Sepsis, Obstructive Lung Disease, Obstructive Sleep Apnea, and Cancer. <i>Annals of the American Thoracic Society</i> , <b>2016</b> , 13, 1144-54	4.7	43
157	Social and behavioral predictors of insufficient sleep among African Americans and Caucasians. <i>Sleep Medicine</i> , <b>2016</b> , 18, 103-7	4.6	41
156	Bright light treatment of depression for older adults [ISRCTN55452501]. <i>BMC Psychiatry</i> , <b>2005</b> , 5, 41	4.2	37

155	Sleep-related behaviors and beliefs associated with race/ethnicity in women. <i>Journal of the National Medical Association</i> , <b>2013</b> , 105, 4-15	2.3	35
154	Insomnia in alcohol dependent subjects is associated with greater psychosocial problem severity. <i>Addictive Behaviors</i> , <b>2015</b> , 50, 165-72	4.2	34
153	Geographic distribution of insufficient sleep across the United States: a county-level hotspot analysis. <i>Sleep Health</i> , <b>2015</b> , 1, 158-165	4	34
152	Interactive effects of sleep duration and morning/evening preference on cardiovascular risk factors. <i>European Journal of Public Health</i> , <b>2018</b> , 28, 155-161	2.1	33
151	Unequal burden of sleep-related obesity among black and white Americans. <i>Sleep Health</i> , <b>2015</b> , 1, 169-176	4.6	32
150	The Role of Sleep in the Control of Food Intake. <i>American Journal of Lifestyle Medicine</i> , <b>2014</b> , 8, 371-374	1.9	32
149	Obesity, diabetes, and exercise associated with sleep-related complaints in the American population. <i>Zeitschrift Fur Gesundheitswissenschaften</i> , <b>2011</b> , 19, 463-474	1.4	31
148	Sleep, Health, and Society. <i>Sleep Medicine Clinics</i> , <b>2020</b> , 15, 319-340	3.6	31
147	The relationship between micronutrient status and sleep patterns: a systematic review. <i>Public Health Nutrition</i> , <b>2017</b> , 20, 687-701	3.3	30
146	Light exposure is related to social and emotional functioning and to quality of life in older women. <i>Psychiatry Research</i> , <b>2006</b> , 143, 35-42	9.9	30
145	Caffeine consumption, insomnia, and sleep duration: Results from a nationally representative sample. <i>Nutrition</i> , <b>2016</b> , 32, 1193-9	4.8	30
144	Durability of treatment response to zolpidem with three different maintenance regimens: a preliminary study. <i>Sleep Medicine</i> , <b>2015</b> , 16, 1160-8	4.6	29
143	Sleep as a Target for Optimized Response to Smoking Cessation Treatment. <i>Nicotine and Tobacco Research</i> , <b>2019</b> , 21, 139-148	4.9	29
142	Pathways from Food Insecurity to Health Outcomes among California University Students. <i>Nutrients</i> , <b>2019</b> , 11,	6.7	28
141	Sleep and Athletic Performance: Impacts on Physical Performance, Mental Performance, Injury Risk and Recovery, and Mental Health. <i>Sleep Medicine Clinics</i> , <b>2020</b> , 15, 41-57	3.6	28
140	The association between obstructive sleep apnea and hypertension by race/ethnicity in a nationally representative sample. <i>Journal of Clinical Hypertension</i> , <b>2013</b> , 15, 593-9	2.3	28
139	State and regional prevalence of sleep disturbance and daytime fatigue. <i>Journal of Clinical Sleep Medicine</i> , <b>2012</b> , 8, 77-86	3.1	28
138	The Natural History of Insomnia: the incidence of acute insomnia and subsequent progression to chronic insomnia or recovery in good sleeper subjects. <i>Sleep</i> , <b>2020</b> , 43,	1.1	28

137	Challenges and Opportunities for the Prevention and Treatment of Cardiovascular Disease Among Young Adults: Report From a National Heart, Lung, and Blood Institute Working Group. <i>Journal of the American Heart Association</i> , <b>2020</b> , 9, e016115	6	28
136	Implications of sleep and energy drink use for health disparities. <i>Nutrition Reviews</i> , <b>2014</b> , 72 Suppl 1, 14-22	6.4	27
135	A decade's difference: 10-year change in insomnia symptom prevalence in Canada depends on sociodemographics and health status. <i>Sleep Health</i> , <b>2018</b> , 4, 160-165	4	26
134	Circulating adhesion molecules in obstructive sleep apnea and cardiovascular disease. <i>Sleep Medicine Reviews</i> , <b>2014</b> , 18, 25-34	10.2	26
133	Insomnia in Primary Care: Misreported, Mishandled, and Just Plain Missed. <i>Journal of Clinical Sleep Medicine</i> , <b>2017</b> , 13, 937-939	3.1	25
132	Insomnia and daytime sleepiness: risk factors for sports-related concussion. <i>Sleep Medicine</i> , <b>2019</b> , 58, 66-74	4.6	24
131	Differential increase in prevalence estimates of inadequate sleep among black and white Americans. <i>BMC Public Health</i> , <b>2015</b> , 15, 1185	4.1	24
130	Adhesion molecule increases in sleep apnea: beneficial effect of positive airway pressure and moderation by obesity. <i>International Journal of Obesity</i> , <b>2015</b> , 39, 472-9	5.5	24
129	Changes in sleep duration, timing, and variability during the COVID-19 pandemic: Large-scale Fitbit data from 6 major US cities. <i>Sleep Health</i> , <b>2021</b> , 7, 303-313	4	23
128	Employment insecurity and sleep disturbance: Evidence from 31 European countries. <i>Journal of Sleep Research</i> , <b>2019</b> , 28, e12763	5.8	23
127	Sleep as a vital sign: why medical practitioners need to routinely ask their patients about sleep. <i>Sleep Health</i> , <b>2015</b> , 1, 11-12	4	22
126	Sleep Disturbance Partially Mediates the Relationship Between Intimate Partner Violence and Physical/Mental Health in Women and Men. <i>Journal of Interpersonal Violence</i> , <b>2017</b> , 32, 2471-2495	2.2	21
125	The development of a questionnaire to assess sleep-related practices, beliefs, and attitudes. <i>Behavioral Sleep Medicine</i> , <b>2014</b> , 12, 123-42	4.2	21
124	Sleep duration and risk of incident stroke by age, sex, and race: The REGARDS study. <i>Neurology</i> , <b>2018</b> , 91, e1702-e1709	6.5	20
123	The Society of Behavioral Sleep Medicine (SBSM) COVID-19 Task Force: Objectives and Summary Recommendations for Managing Sleep during a Pandemic. <i>Behavioral Sleep Medicine</i> , <b>2020</b> , 18, 570-572	4.2	19
122	Insomnia in alcohol dependence: predictors of symptoms in a sample of veterans referred from primary care. <i>American Journal on Addictions</i> , <b>2013</b> , 22, 266-70	3.7	19
121	Bright green light treatment of depression for older adults [JSRCTN69400161]. <i>BMC Psychiatry</i> , <b>2005</b> , 5, 42	4.2	19
120	Transitioning from adequate to inadequate sleep duration associated with higher smoking rate and greater nicotine dependence in a population sample. <i>Addictive Behaviors</i> , <b>2018</b> , 77, 47-50	4.2	17

119	Over-the-counter and prescription sleep medication and incident stroke: the REasons for Geographic and Racial Differences in Stroke study. <i>Journal of Stroke and Cerebrovascular Diseases</i> , <b>2014</b> , 23, 2110-2116	2.8	17
118	Person-Centered Dementia Care and Sleep in Assisted Living Residents With Dementia: A Pilot Study. <i>Behavioral Sleep Medicine</i> , <b>2017</b> , 15, 97-113	4.2	16
117	Sleep and Health Among Collegiate Student Athletes. <i>Chest</i> , <b>2019</b> , 156, 1234-1245	5.3	16
116	Meteorologic factors and subjective sleep continuity: a preliminary evaluation. <i>International Journal of Biometeorology</i> , <b>2005</b> , 49, 152-5	3.7	16
115	Sleep duration and 24-hour ambulatory blood pressure in adults not on antihypertensive medications. <i>Journal of Clinical Hypertension</i> , <b>2018</b> , 20, 1712-1720	2.3	16
114	Sleep debt at the community level: impact of age, sex, race/ethnicity and health. <i>Sleep Health</i> , <b>2018</b> , 4, 317-324	4	16
113	Importance of recognizing sleep health disparities and implementing innovative interventions to reduce these disparities. <i>Sleep Medicine</i> , <b>2016</b> , 18, 1-2	4.6	14
112	Sleep myths: an expert-led study to identify false beliefs about sleep that impinge upon population sleep health practices. <i>Sleep Health</i> , <b>2019</b> , 5, 409-417	4	13
111	Associations between Poor Sleep Quality and Stages of Change of Multiple Health Behaviors among Participants of Employee Wellness Program. <i>Preventive Medicine Reports</i> , <b>2015</b> , 2, 292-299	2.6	13
110	Daytime sleepiness: associations with alcohol use and sleep duration in americans. <i>Sleep Disorders</i> , <b>2014</b> , 2014, 959152	1.7	13
109	Sleep Duration and Insomnia Symptoms as Risk Factors for Suicidal Ideation in a Nationally Representative Sample. <i>primary care companion for CNS disorders, The</i> , <b>2015</b> , 17,	1.2	13
108	The natural history of insomnia: predisposing, precipitating, coping, and perpetuating factors over the early developmental course of insomnia. <i>Sleep</i> , <b>2021</b> , 44,	1.1	13
107	Self-reported memory problems in adult-onset cancer survivors: effects of cardiovascular disease and insomnia. <i>Sleep Medicine</i> , <b>2015</b> , 16, 845-9	4.6	12
106	Onset insomnia and insufficient sleep duration are associated with suicide ideation in university students and athletes. <i>Journal of Affective Disorders</i> , <b>2020</b> , 274, 1161-1164	6.6	12
105	Short sleep duration and insomnia associated with hypertension incidence. <i>Hypertension Research</i> , <b>2013</b> , 36, 932-3	4.7	12
104	Actigraphic sleep tracking and wearables: Historical context, scientific applications and guidelines, limitations, and considerations for commercial sleep devices <b>2019</b> , 147-157		11
103	Cancer survivors in the workplace: sleep disturbance mediates the impact of cancer on healthcare expenditures and work absenteeism. <i>Supportive Care in Cancer</i> , <b>2018</b> , 26, 4049-4055	3.9	11
102	The common denominators of sleep, obesity, and psychopathology. <i>Current Opinion in Psychology</i> , <b>2020</b> , 34, 84-88	6.2	11

101	Social-ecological model of sleep health <b>2019</b> , 45-53		10
100	Examining social capital in relation to sleep duration, insomnia, and daytime sleepiness. <i>Sleep Medicine</i> , <b>2019</b> , 60, 165-172	4.6	10
99	Nocturnal leg cramps: Prevalence and associations with demographics, sleep disturbance symptoms, medical conditions, and cardiometabolic risk factors. <i>PLoS ONE</i> , <b>2017</b> , 12, e0178465	3.7	10
98	Sleep and obesity risk in adults: possible mechanisms; contextual factors; and implications for research, intervention, and policy. <i>Sleep Health</i> , <b>2017</b> , 3, 393-400	4	10
97	Relationship of Nocturnal Wakefulness to Suicide Risk Across Months and Methods of Suicide. <i>Journal of Clinical Psychiatry</i> , <b>2020</b> , 81,	4.6	10
96	Disassembling insomnia symptoms and their associations with depressive symptoms in a community sample: the differential role of sleep symptoms, daytime symptoms, and perception symptoms of insomnia. <i>Sleep Health</i> , <b>2019</b> , 5, 376-381	4	9
95	Obstructive sleep apnea in pregnancy: performance of a rapid screening tool. <i>Sleep and Breathing</i> , <b>2019</b> , 23, 425-432	3.1	9
94	Sleep problems are associated with academic performance in a national sample of collegiate athletes. <i>Journal of American College Health</i> , <b>2021</b> , 69, 74-81	2.2	9
93	Sleep-tracking technology in scientific research: looking to the future. <i>Sleep</i> , <b>2021</b> , 44,	1.1	9
92	Treating Insomnia Disorder in the Context of Medical and Psychiatric Comorbidities. <i>JAMA Internal Medicine</i> , <b>2015</b> , 175, 1472-3	11.5	8
91	Epidemiology of insufficient sleep and poor sleep quality <b>2019</b> , 11-20		7
90	Quantifying impact of real-world barriers to sleep: The Brief Index of Sleep Control (BRISC). <i>Sleep Health</i> , <b>2020</b> , 6, 587-593	4	7
89	The Cost of Sleep Lost: Implications for Health, Performance, and the Bottom Line. <i>American Journal of Health Promotion</i> , <b>2018</b> , 32, 1629-1634	2.5	7
88	Smoke at night and sleep worse? The associations between cigarette smoking with insomnia severity and sleep duration. <i>Sleep Health</i> , <b>2021</b> , 7, 177-182	4	7
87	Short wavelength light administered just prior to waking: a pilot study. <i>Biological Rhythm Research</i> , <b>2013</b> , 44, 13-32	0.8	6
86	Difficulties sleeping: a natural part of growing older?. <i>Aging Health</i> , <b>2012</b> , 8,		6
85	Treating insomnia in patients with comorbid psychiatric disorders: A focused review.. <i>Canadian Psychology</i> , <b>2018</b> , 59, 176-186	3.2	6
84	Pharmacotherapy for Insomnia Disorder in Older Adults. <i>JAMA Network Open</i> , <b>2019</b> , 2, e1918214	10.4	6



83	Past, Present, and Future of Multisensory Wearable Technology to Monitor Sleep and Circadian Rhythms. <i>Frontiers in Digital Health</i> , <b>2021</b> , 3, 721919	2.3	6
82	Doctor-patient sleep discussions for US adults: results from the SHADES study. <i>Sleep Health</i> , <b>2019</b> , 5, 658-665	4	5
81	The use of technology at night: impact on sleep and health. <i>Journal of Clinical Sleep Medicine</i> , <b>2013</b> , 9, 1301-2	3.1	5
80	The translational neuroscience of sleep: A contextual framework. <i>Science</i> , <b>2021</b> , 374, 568-573	33.3	5
79	Acculturation Associated with Sleep Duration, Sleep Quality, and Sleep Disorders at the US-Mexico Border. <i>International Journal of Environmental Research and Public Health</i> , <b>2020</b> , 17,	4.6	5
78	Delayed Sleep Time in African Americans and Depression in a Community-Based Population. <i>Journal of Clinical Sleep Medicine</i> , <b>2019</b> , 15, 857-864	3.1	4
77	Meta-analysis of light and circadian timekeeping in rodents. <i>Neuroscience and Biobehavioral Reviews</i> , <b>2021</b> , 123, 215-229	9	4
76	Prescription medications for insomnia are associated with suicidal thoughts and behaviors in two nationally representative samples. <i>Journal of Clinical Sleep Medicine</i> , <b>2021</b> , 17, 1025-1030	3.1	4
75	Infographic: Mental health in elite athletes. An IOC consensus statement. <i>British Journal of Sports Medicine</i> , <b>2020</b> , 54, 49-50	10.3	4
74	Suicidal ideation is associated with nighttime wakefulness in a community sample. <i>Sleep</i> , <b>2021</b> , 44,	1.1	4
73	Nightmare content during the COVID-19 pandemic: Influence of COVID-related stress and sleep disruption in the United States. <i>Journal of Sleep Research</i> , <b>2021</b> , e13439	5.8	4
72	Racial differences in sleep duration intersect with sex, socioeconomic status, and U.S. geographic region: The REGARDS study. <i>Sleep Health</i> , <b>2020</b> , 6, 442-450	4	3
71	Dietary behaviors and poor sleep quality among young adult women: watch that sugary caffeine!. <i>Sleep Health</i> , <b>2020</b> , 6, 214-219	4	3
70	A Concept Map of Behavioral Sleep Medicine: Defining the Scope of the Field and Strategic Priorities. <i>Behavioral Sleep Medicine</i> , <b>2018</b> , 16, 523-526	4.2	3
69	Unanticipated Nocturnal Oxygen Requirement during Positive Pressure Therapy for Sleep Apnea and Medical Comorbidities. <i>Journal of Clinical Sleep Medicine</i> , <b>2017</b> , 13, 73-79	3.1	3
68	We know CBT-I works, now what?. <i>Faculty Reviews</i> , <b>2022</b> , 11, 4	1.2	3
67	Narcolepsy and COVID-19: sleeping on an opportunity?. <i>Journal of Clinical Sleep Medicine</i> , <b>2020</b> , 16, 1415	3.1	3
66	Impacts of travel distance and travel direction on back-to-back games in the National Basketball Association. <i>Journal of Clinical Sleep Medicine</i> , <b>2021</b> , 17, 2269-2274	3.1	3

65	Rest-activity rhythms in emerging adults: implications for cardiometabolic health. <i>Chronobiology International</i> , <b>2021</b> , 38, 543-556	3.6	3
64	The effects of caffeinated products on sleep and functioning in the military population: A focused review. <i>Pharmacology Biochemistry and Behavior</i> , <b>2021</b> , 206, 173206	3.9	3
63	Mental Health in Student Athletes: Associations With Sleep Duration, Sleep Quality, Insomnia, Fatigue, and Sleep Apnea Symptoms. <i>Athletic Training &amp; Sports Health Care</i> , <b>2021</b> , 13,	0.6	3
62	Future of Sleep-Disordered Breathing Therapy Using a Mechanistic Approach. <i>Canadian Journal of Cardiology</i> , <b>2015</b> , 31, 880-8	3.8	2
61	Sleep Duration and Efficiency Associated With Better Functional Exercise Capacity in Black Smokers at Risk for COPD. <i>Chest</i> , <b>2020</b> , 158, 1680-1688	5.3	2
60	Circadian Pattern of Deaths Due to Suicide in Intoxicated Alcohol-Dependent Individuals. <i>Journal of Clinical Psychiatry</i> , <b>2018</b> , 79,	4.6	2
59	Insomnia Severity and Degree of Dysfunction: What Is to Be Learned When These Domains are Discordant?. <i>Behavioral Sleep Medicine</i> , <b>2021</b> , 1-9	4.2	2
58	The natural history of insomnia: Does sleep extension differentiate between those that do and do not develop chronic insomnia?. <i>Journal of Sleep Research</i> , <b>2021</b> , 30, e13342	5.8	2
57	Chronotype and social support among student athletes: impact on depressive symptoms. <i>Chronobiology International</i> , <b>2021</b> , 38, 1319-1329	3.6	2
56	Infographic. Sleep disorders in athletes. <i>British Journal of Sports Medicine</i> , <b>2020</b> , 54, 188-189	10.3	2
55	Publications Are Not the Finish Line: Focusing on Societal Rather Than Publication Impact. <i>Frontiers in Medicine</i> , <b>2018</b> , 5, 314	4.9	2
54	Rigorous performance evaluation (previously, "validation") for informed use of new technologies for sleep health measurement.. <i>Sleep Health</i> , <b>2022</b> ,	4	2
53	Effects of Sleep Deprivation and Sleepiness on Society and Driving <b>2017</b> , 41-53		1
52	0208 Sleep Disparities in the United States and the Impact of Poverty. <i>Sleep</i> , <b>2019</b> , 42, A86-A86	1.1	1
51	0884 Morning Blue Light Exposure Improves Sleep and Fear Extinction Recall in PTSD. <i>Sleep</i> , <b>2019</b> , 42, A355-A356	1.1	1
50	Sleep Deprivation: Societal Impact and Long-Term Consequences <b>2015</b> , 495-509		1
49	Relationship between insomnia and depression in a community sample depends on habitual sleep duration. <i>Sleep and Biological Rhythms</i> , <b>2020</b> , 18, 143-153	1.3	1
48	1169 POST-CONCUSSION SEVERITY IS ASSOCIATED WITH SLEEP PROBLEMS AND NEUROPSYCHOLOGICAL STATUS. <i>Sleep</i> , <b>2017</b> , 40, A436-A436	1.1	1

47	0979 Insufficient Sleep Duration and Insomnia Symptoms Independently Predict Suicide Ideation in Student Athletes and Non-Athletes. <i>Sleep</i> , <b>2018</b> , 41, A363-A363	1.1	1
46	HIV status and sleep disturbance in college students and relationship with smoking. <i>Sleep Health</i> , <b>2019</b> , 5, 395-400	4	1
45	Sleep duration and cardiometabolic risk commentary on Abe et al., "Sleep duration is significantly associated with carotid artery atherosclerosis incidence in a Japanese population". <i>Atherosclerosis</i> , <b>2011</b> , 217, 324-5	3.1	1
44	The Feasibility of Tai Chi Exercise as a Beneficial Mind-Body Intervention in a Group of Community-Dwelling Stroke Survivors with Symptoms of Depression. <i>Evidence-based Complementary and Alternative Medicine</i> , <b>2021</b> , 2021, 8600443	2.3	1
43	Past year use or misuse of an opioid is associated with use of a sedative-hypnotic medication: a NSDUH study. <i>Journal of Clinical Sleep Medicine</i> , <b>2021</b> ,	3.1	1
42	When reason sleeps: attempted suicide during the circadian night. <i>Journal of Clinical Sleep Medicine</i> , <b>2020</b> , 16, 1809-1810	3.1	1
41	Sleep, Dreams, and Nightmares During the COVID-19 Pandemic. <i>American Journal of Health Promotion</i> , <b>2021</b> , 35, 1168-1173	2.5	1
40	Efficacy of a sleep health intervention to optimize standard smoking cessation treatment response: results from a pilot randomized controlled trial. <i>Journal of Smoking Cessation</i> , <b>2020</b> , 15, 113-117	0.5	1
39	An exploration of clinical, behavioral, and community factors associated with sleep duration and efficiency among middle-aged Black/African American smokers. <i>Sleep Health</i> , <b>2021</b> , 7, 397-407	4	1
38	Author response: concussion assessment tools - A possible measure of sleepiness?. <i>Sleep Medicine</i> , <b>2020</b> , 66, 260-261	4.6	1
37	What makes people want to make changes to their sleep? Assessment of perceived risks of insufficient sleep as a predictor of intent to improve sleep. <i>Sleep Health</i> , <b>2021</b> , 7, 98-104	4	1
36	Associations between Diet and Sleep Duration in Different Menopausal Stages. <i>Western Journal of Nursing Research</i> , <b>2021</b> , 43, 984-994	2	1
35	Patterns of Eating Associated with Sleep Characteristics: A Pilot Study among Individuals of Mexican Descent at the US-Mexico Border. <i>Behavioral Sleep Medicine</i> , <b>2021</b> , 1-12	4.2	1
34	0190 Academic Performance Associated with Sleep Duration among Student Athletes: Impact of Insomnia, Fatigue, and Depression. <i>Sleep</i> , <b>2018</b> , 41, A74-A75	1.1	1
33	Is family history of alcohol dependence a risk factor for disturbed sleep in alcohol dependent subjects?. <i>Drug and Alcohol Dependence</i> , <b>2018</b> , 188, 311-317	4.9	1
32	0127 Nighttime Snacking: Prevalence And Associations With Poor Sleep, Health, Obesity, And Diabetes. <i>Sleep</i> , <b>2018</b> , 41, A49-A50	1.1	1
31	Nocturnal and Morning Wakefulness Are Differentially Associated With Suicidal Ideation in a Nationally Representative Sample. <i>Journal of Clinical Psychiatry</i> , <b>2021</b> , 82,	4.6	1
30	Durability of treatment response to zolpidem using a partial reinforcement regimen: does this strategy require priming?. <i>Sleep Medicine</i> , <b>2021</b> , 87, 56-61	4.6	1

29	Social Jetlag and Other Aspects of Sleep Are Linked to Non-Suicidal Self-Injury Among College Students.. <i>Archives of Suicide Research</i> , <b>2022</b> , 1-18	2.3	1
28	Sleep and Athletic Performance. <i>Sleep Medicine Clinics</i> , <b>2022</b> , 17, 263-282	3.6	1
27	Obstacles to overcome when improving sleep health at a societal level <b>2019</b> , 107-115		0
26	Racial/ethnic minorities have greater declines in sleep duration with higher risk of cardiometabolic disease: An analysis of the U.S. National Health Interview Survey. <i>Sleep Epidemiology</i> , <b>2022</b> , 2, 100022		0
25	0343 Does Insomnia Symptom Severity Vary By Race/ethnicity?. <i>Sleep</i> , <b>2019</b> , 42, A140-A141	1.1	0
24	Modeling Risk Factors for Sleep- and Adiposity-Related Cardiometabolic Disease: Protocol for the Short Sleep Undermines Cardiometabolic Health (SLUMBRx) Observational Study. <i>JMIR Research Protocols</i> , <b>2021</b> , 10, e27139	2	0
23	Menstrual regularity and bleeding is associated with sleep duration, sleep quality and fatigue in a community sample. <i>Journal of Sleep Research</i> , <b>2021</b> , e13434	5.8	0
22	Sleep Health and Longevity-Considerations for Personalizing Existing Recommendations. <i>JAMA Network Open</i> , <b>2021</b> , 4, e2124387	10.4	0
21	Obstructive Sleep Apnea in Jacobsen Syndrome. <i>Sleep and Vigilance</i> , <b>2019</b> , 3, 77-79	1.4	
20	Obesity, Diabetes, and Metabolic Syndrome <b>2019</b> , 153-173		
19	1135 DIFFICULTY SLEEPING ASSOCIATED WITH SUBSTANCE USE AMONG STUDENT ATHLETES. <i>Sleep</i> , <b>2017</b> , 40, A423-A423	1.1	
18	1064 THE ROLE OF SLEEP AND PHYSICAL ACTIVITY IN REDUCING THE PREVALENCE OF DIABETES IN THE UNITED STATES: AN AGENT-BASED SIMULATION MODEL APPROACH. <i>Sleep</i> , <b>2017</b> , 40, A395-A396 <sup>1.1</sup>		
17	1208 IMPACT OF TIME AND ACTIVITY DEMANDS ON SLEEP OF STUDENT ATHLETES: IT'S NOT ABOUT REDUCED SLEEP OPPORTUNITY. <i>Sleep</i> , <b>2017</b> , 40, A450-A450	1.1	
16	0362 Does Time in Bed Differentiate Between Good Sleepers and Subjects that Develop Acute Insomnia, Recover from Acute Insomnia, and/or Develop Chronic Insomnia?. <i>Sleep</i> , <b>2018</b> , 41, A138-A139 <sup>1.1</sup>		
15	0867 Sleep Duration and Hypertension among >700,000 Adults by Age and Sex: A Report of the National Healthy Sleep Awareness Project. <i>Sleep</i> , <b>2018</b> , 41, A322-A322	1.1	
14	0278 Gender Differences in the Relationship between Short Sleep and Obesity Depend on Age. <i>Sleep</i> , <b>2018</b> , 41, A107-A107	1.1	
13	0396 A Randomized, Double-Blind, Placebo-Controlled Trial of A Natural Polyphenol Blend on Sleep and Daytime Functioning in Adults with Sleep Complaints but Not Sleep Disorders. <i>Sleep</i> , <b>2019</b> , 42, A160-A161 <sup>1.1</sup>		
12	Spectrophotometric properties of commercially available blue blockers across multiple lighting conditions.. <i>Chronobiology International</i> , <b>2022</b> , 1-12	3.6	

11	Refractory Insomnia in an Adolescent with Total Blindness. <i>Yale Journal of Biology and Medicine</i> , <b>2019</b> , 92, 201-204	2.4
10	CBT-I for people who failed CBT-I <b>2022</b> , 403-435	
9	CBT-I for patients with schizophrenia and other psychotic disorders <b>2022</b> , 165-179	
8	Examining the relationship between poor sleep health and risky driving behaviors among college students. <i>Traffic Injury Prevention</i> , <b>2021</b> , 22, 599-604	1.8
7	0188 What Makes People Want to Make Changes to Their Sleep? Assessment of Perceived Risks of Insufficient Sleep as a Predictor of Intent to Improve Sleep. <i>Sleep</i> , <b>2019</b> , 42, A77-A77	1.1
6	1027 Daily Morning Blue Light Exposure Enhances Executive Functioning in Individuals with Mild Traumatic Brain Injury. <i>Sleep</i> , <b>2018</b> , 41, A381-A381	1.1
5	1030 History of Concussion In Student Athletes: A Risk Factor for Short Sleep Duration and Insomnia. <i>Sleep</i> , <b>2018</b> , 41, A382-A383	1.1
4	0955 Depressive Symptoms in Good Sleepers and Subjects That Develop Acute Insomnia, Recover From Acute Insomnia, and/or Develop Chronic Insomnia. <i>Sleep</i> , <b>2018</b> , 41, A354-A355	1.1
3	0964 Sleep Paralysis and Hypnagogic/Hypnopompic Hallucinations: Prevalence in Student Athletes and Relationship to Depressive Symptoms. <i>Sleep</i> , <b>2018</b> , 41, A358-A358	1.1
2	0962 Adverse Childhood Experiences Among Student Athletes Are Associated with Sleep Disturbances: Evaluating the Mediating Roles of Depression and Anxiety. <i>Sleep</i> , <b>2018</b> , 41, A357-A357	1.1
1	Culturally-consistent diet among individuals of Mexican descent at the US-Mexico border is associated with sleep duration and snoring. <i>BMC Nutrition</i> , <b>2021</b> , 7, 53	2.5