

Sarah L Blunden

List of Publications by Year in Descending Order

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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.

52
papers

2,194
citations

24
h-index

46
g-index

58
ext. papers

2,580
ext. citations

3.5
avg, IF

5.09
L-index

#	Paper	IF	Citations
52	Sleep health and its implications in First Nation Australians: A systematic review.. <i>The Lancet Regional Health - Western Pacific</i> , 2022 , 21, 100386	5	0
51	Update on school-based sleep education programs: how far have we come and what has Australia contributed to the field?. <i>Sleep Medicine</i> , 2021 , 80, 134-157	4.6	3
50	Behavioural sleep interventions in infants: Plan B - Combining models of responsiveness to increase parental choice. <i>Journal of Paediatrics and Child Health</i> , 2020 , 56, 675-679	1.3	2
49	Implementation of recovery-oriented practice in hospital-based mental health services: A systematic review. <i>International Journal of Mental Health Nursing</i> , 2020 , 29, 1035-1048	3.8	8
48	Sleep Timing During Adolescence: A Latent Transition Analysis Approach. <i>Behavioral Sleep Medicine</i> , 2020 , 18, 131-146	4.2	4
47	A Mediterranean-style dietary intervention supplemented with fish oil improves diet quality and mental health in people with depression: A randomized controlled trial (HELFI-MED). <i>Nutritional Neuroscience</i> , 2019 , 22, 474-487	3.6	179
46	Sleep schedules and school performance in Indigenous Australian children. <i>Sleep Health</i> , 2018 , 4, 135-140	4	10
45	Cognition and objectively measured sleep duration in children: a systematic review and meta-analysis. <i>Sleep Health</i> , 2018 , 4, 292-300	4	72
44	Evaluating Accessible Sleep Health Information in Rural and Urban Contexts: Delivery Face-to-Face or Online?. <i>Clinical Medicine Insights Pediatrics</i> , 2018 , 12, 1179556518815168	1.8	3
43	A Multispecies Approach to Co-Sleeping : Integrating Human-Animal Co-Sleeping Practices into Our Understanding of Human Sleep. <i>Human Nature</i> , 2017 , 28, 255-273	1.8	15
42	Secular trends in Australian school children's sleep and perceived importance of sleep between 1985 and 2013. <i>Acta Paediatrica, International Journal of Paediatrics</i> , 2017 , 106, 1341-1347	3.1	3
41	Novel sleep management method in a toddler displaying fear and trauma: the Boss of My Sleep Book. <i>BMJ Case Reports</i> , 2017 , 2017,	0.9	
40	Comment on: The joy of parenting: infant sleep intervention to improve maternal emotional well-being and infant sleep. <i>Singapore Medical Journal</i> , 2017 , 58, 167	1.9	2
39	A 6-month randomised controlled trial investigating effects of Mediterranean-style diet and fish oil supplementation on dietary behaviour change, mental and cardiometabolic health and health-related quality of life in adults with depression (HELFI-MED): study protocol. <i>BMC Nutrition</i> , 2016 , 2,	2.5	5
38	Cognition, temperament, and cerebral blood flow velocity in toddlers and preschool children with sleep-disordered breathing or behavioral insomnia of childhood. <i>Sleep Medicine</i> , 2016 , 21, 77-85	4.6	5
37	Discussion of Extinction-Based Behavioral Sleep Interventions for Young Children and Reasons Why Parents May Find Them Difficult. <i>Journal of Clinical Sleep Medicine</i> , 2016 , 12, 1535-1543	3.1	20
36	Resistance to Cry Intensive Sleep Intervention in Young Children: Are We Ignoring Children's Cries or Parental Concerns?. <i>Children</i> , 2016 , 3,	2.8	9

35	Putting Children's Sleep Problems to Bed: Using Behavior Change Theory to Increase the Success of Children's Sleep Education Programs and Contribute to Healthy Development. <i>Children</i> , 2016 , 3,	2.8	4
34	Can a school-based sleep education programme improve sleep knowledge, hygiene and behaviours using a randomised controlled trial. <i>Sleep Medicine</i> , 2015 , 16, 736-45	4.6	53
33	Lessons Learned from Sleep Education in Schools: A Review of Dos and Don'ts. <i>Journal of Clinical Sleep Medicine</i> , 2015 , 11, 671-80	3.1	51
32	Sleep education improves the sleep duration of adolescents: a randomized controlled pilot study. <i>Journal of Clinical Sleep Medicine</i> , 2014 , 10, 787-92	3.1	52
31	Sleep therapy is effective in reducing symptoms of depression among adolescents. <i>Evidence-Based Mental Health</i> , 2014 , 17, 122	11.1	
30	The complexities of defining optimal sleep: empirical and theoretical considerations with a special emphasis on children. <i>Sleep Medicine Reviews</i> , 2014 , 18, 371-8	10.2	47
29	Ascertaining a hierarchy of dimensions from time-poor experts: Linking tactical vignettes to strategic scenarios. <i>Technological Forecasting and Social Change</i> , 2013 , 80, 584-598	9.5	20
28	A randomised controlled trial of the Flinders Program of chronic condition management in Vietnam veterans with co-morbid alcohol misuse, and psychiatric and medical conditions. <i>Australian and New Zealand Journal of Psychiatry</i> , 2013 , 47, 451-62	2.6	26
27	Children's sleep needs: is there sufficient evidence to recommend optimal sleep for children?. <i>Sleep</i> , 2013 , 36, 527-34	1.1	91
26	Can sleep contribute to "closing the gap" for Indigenous children?. <i>Medical Journal of Australia</i> , 2013 , 199, 19-20	4	2
25	Sleep and academic performance in Indigenous Australian children from a remote community: an exploratory study. <i>Journal of Paediatrics and Child Health</i> , 2012 , 48, 122-7	1.3	22
24	Never enough sleep: a brief history of sleep recommendations for children. <i>Pediatrics</i> , 2012 , 129, 548-567.4	180	
23	Are sleep education programs successful? The case for improved and consistent research efforts. <i>Sleep Medicine Reviews</i> , 2012 , 16, 355-70	10.2	103
22	How do Australian junior primary school children perceive the concepts of Healthy and Unhealthy? <i>Health Education</i> , 2012 , 112, 406-420	1	9
21	Behavioural Sleep Disorders across the Developmental Age Span: An Overview of Causes, Consequences and Treatment Modalities. <i>Psychology</i> , 2012 , 03, 249-256	0.5	6
20	Behavioural sleep treatments and night time crying in infants: challenging the status quo. <i>Sleep Medicine Reviews</i> , 2011 , 15, 327-34	10.2	61
19	Diet and sleep in children with attention deficit hyperactivity disorder: preliminary data in Australian children. <i>Journal of Child Health Care</i> , 2011 , 15, 14-24	2	10
18	Behavioural treatments to encourage solo sleeping in pre-school children: an alternative to controlled crying. <i>Journal of Child Health Care</i> , 2011 , 15, 107-17	2	25

17	When food is neither good nor bad: children's evaluations of transformed and combined food products. <i>Journal of Child Health Care</i> , 2011 , 15, 261-71	2	8
16	Measuring sleep habits using the Sleep Timing Questionnaire: A validation study for school-age children. <i>Sleep and Biological Rhythms</i> , 2010 , 8, 194-202	1.3	14
15	Subjective and objective sleep in children and adolescents: Measurement, age, and gender differences. <i>Sleep and Biological Rhythms</i> , 2010 , 8, 229-238	1.3	67
14	Day type and the relationship between weight status and sleep duration in children and adolescents. <i>Australian and New Zealand Journal of Public Health</i> , 2010 , 34, 165-71	2.3	16
13	Sleep, performance and behaviour in Australian indigenous and non-indigenous children: an exploratory comparison. <i>Journal of Paediatrics and Child Health</i> , 2010 , 46, 10-6	1.3	27
12	An unusual clinical phenomenon: a case of bedtime ritual with apparent sexual overtones. <i>Clinical Child Psychology and Psychiatry</i> , 2010 , 15, 55-64	2	4
11	The relationships between sex, age, geography and time in bed in adolescents: a meta-analysis of data from 23 countries. <i>Sleep Medicine Reviews</i> , 2010 , 14, 371-8	10.2	172
10	Normative data on the sleep habits of Australian children and adolescents. <i>Sleep</i> , 2010 , 33, 1381-8	1.1	96
9	Piloting a psycho-education program for parents of pediatric cancer patients in Malaysia. <i>Psycho-Oncology</i> , 2010 , 19, 326-31	3.9	17
8	Sleep problems are associated with poor outcomes in remedial teaching programmes: a preliminary study. <i>Journal of Paediatrics and Child Health</i> , 2008 , 44, 237-42	1.3	31
7	How Accurate is Subjective Reporting of Childhood Sleep Patterns? A Review of the Literature and Implications for Practice. <i>Current Pediatric Reviews</i> , 2008 , 4, 132-142	2.8	44
6	DSM-IV diagnoses and obstructive sleep apnea in children before and 1 year after adenotonsillectomy. <i>Journal of the American Academy of Child and Adolescent Psychiatry</i> , 2007 , 46, 1425-36	7.2	62
5	Sleepiness in Children. <i>Sleep Medicine Clinics</i> , 2006 , 1, 105-118	3.6	28
4	The contribution of intermittent hypoxia, sleep debt and sleep disruption to daytime performance deficits in children: consideration of respiratory and non-respiratory sleep disorders. <i>Sleep Medicine Reviews</i> , 2006 , 10, 109-18	10.2	108
3	Neuropsychological and psychosocial function in children with a history of snoring or behavioral sleep problems. <i>Journal of Pediatrics</i> , 2005 , 146, 780-6	3.6	96
2	Symptoms of sleep breathing disorders in children are underreported by parents at general practice visits. <i>Sleep and Breathing</i> , 2003 , 7, 167-76	3.1	44
1	Behavior and neurocognitive performance in children aged 5-10 years who snore compared to controls. <i>Journal of Clinical and Experimental Neuropsychology</i> , 2000 , 22, 554-68	2.1	251