

Michael

List of Publications by Citations

Source: <https://exaly.com/author-pdf/4859439/michael-publications-by-citations.pdf>

Version: 2024-04-28

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.

112
papers

6,531
citations

41
h-index

79
g-index

122
ext. papers

7,811
ext. citations

4
avg, IF

6.36
L-index

#	Paper	IF	Citations
112	Electronic media use and sleep in school-aged children and adolescents: A review. <i>Sleep Medicine</i> , 2010 , 11, 735-42	4.6	701
111	Recent worldwide sleep patterns and problems during adolescence: a review and meta-analysis of age, region, and sleep. <i>Sleep Medicine</i> , 2011 , 12, 110-8	4.6	660
110	Toward a consensus definition of pathological video-gaming: a systematic review of psychometric assessment tools. <i>Clinical Psychology Review</i> , 2013 , 33, 331-42	10.8	323
109	Protective and risk factors for adolescent sleep: a meta-analytic review. <i>Sleep Medicine Reviews</i> , 2015 , 21, 72-85	10.2	305
108	A meta-analysis and model of the relationship between sleep and depression in adolescents: recommendations for future research and clinical practice. <i>Sleep Medicine Reviews</i> , 2014 , 18, 521-9	10.2	284
107	The sleep and technology use of Americans: findings from the National Sleep Foundation's 2011 Sleep in America poll. <i>Journal of Clinical Sleep Medicine</i> , 2013 , 9, 1291-9	3.1	239
106	Assessing clinical trials of Internet addiction treatment: a systematic review and CONSORT evaluation. <i>Clinical Psychology Review</i> , 2011 , 31, 1110-6	10.8	210
105	The relationship between insomnia and body temperatures. <i>Sleep Medicine Reviews</i> , 2008 , 12, 307-17	10.2	168
104	Time for bed: parent-set bedtimes associated with improved sleep and daytime functioning in adolescents. <i>Sleep</i> , 2011 , 34, 797-800	1.1	152
103	The discrepancy between actigraphic and sleep diary measures of sleep in adolescents. <i>Sleep Medicine</i> , 2012 , 13, 378-84	4.6	143
102	A randomized controlled trial of cognitive-behavior therapy plus bright light therapy for adolescent delayed sleep phase disorder. <i>Sleep</i> , 2011 , 34, 1671-80	1.1	136
101	Evaluation of a school-based intervention for adolescent sleep problems. <i>Sleep</i> , 2009 , 32, 334-41	1.1	136
100	The impact of sleep on adolescent depressed mood, alertness and academic performance. <i>Journal of Adolescence</i> , 2013 , 36, 1025-33	3.4	128
99	A motivational school-based intervention for adolescent sleep problems. <i>Sleep Medicine</i> , 2011 , 12, 246-54	4.6	121
98	Withdrawal symptoms in internet gaming disorder: A systematic review. <i>Clinical Psychology Review</i> , 2016 , 43, 58-66	10.8	115
97	The impact of prolonged violent video-gaming on adolescent sleep: an experimental study. <i>Journal of Sleep Research</i> , 2013 , 22, 137-43	5.8	93
96	Estimating adolescent sleep patterns: parent reports versus adolescent self-report surveys, sleep diaries, and actigraphy. <i>Nature and Science of Sleep</i> , 2013 , 5, 23-6	3.6	87

95	The Effect of Presleep Video-Game Playing on Adolescent Sleep. <i>Journal of Clinical Sleep Medicine</i> , 2010 , 06, 184-189	3.1	85
94	Youth Screen Media Habits and Sleep: Sleep-Friendly Screen Behavior Recommendations for Clinicians, Educators, and Parents. <i>Child and Adolescent Psychiatric Clinics of North America</i> , 2018 , 27, 229-245	3.3	81
93	The sleep patterns and well-being of Australian adolescents. <i>Journal of Adolescence</i> , 2013 , 36, 103-110	3.4	80
92	A cross-cultural comparison of sleep duration between US And Australian adolescents: the effect of school start time, parent-set bedtimes, and extracurricular load. <i>Health Education and Behavior</i> , 2013 , 40, 323-330	4.2	78
91	Cognitive-behavioral approaches to outpatient treatment of internet addiction in children and adolescents. <i>Journal of Clinical Psychology</i> , 2012 , 68, 1185-95	2.8	77
90	Behavioral Interventions for Infant Sleep Problems: A Randomized Controlled Trial. <i>Pediatrics</i> , 2016 , 137,	7.4	75
89	Does one hour of bright or short-wavelength filtered tablet screenlight have a meaningful effect on adolescents' pre-bedtime alertness, sleep, and daytime functioning?. <i>Chronobiology International</i> , 2014 , 31, 496-505	3.6	73
88	The Flinders Fatigue Scale: Preliminary Psychometric Properties and Clinical Sensitivity of a New Scale for Measuring Daytime Fatigue associated with Insomnia. <i>Journal of Clinical Sleep Medicine</i> , 2007 , 03, 722-728	3.1	69
87	Is shortened sleep duration a risk factor for overweight and obesity during adolescence? A review of the empirical literature. <i>Sleep Medicine</i> , 2012 , 13, 779-86	4.6	65
86	Evaluation of novel school-based interventions for adolescent sleep problems: does parental involvement and bright light improve outcomes?. <i>Sleep Health</i> , 2015 , 1, 66-74	4	61
85	An investigation of sleep patterns in adolescents with high-functioning autism spectrum disorder compared with typically developing adolescents. <i>Developmental Neurorehabilitation</i> , 2013 , 16, 155-65	1.8	57
84	A randomised controlled trial of cognitive-behaviour therapy for behavioural insomnia of childhood in school-aged children. <i>Behaviour Research and Therapy</i> , 2011 , 49, 379-88	5.2	57
83	Delayed sleep phase disorder in an Australian school-based sample of adolescents. <i>Journal of Clinical Sleep Medicine</i> , 2013 , 9, 939-44	3.1	54
82	The sleep patterns and problems of clinically anxious children. <i>Behaviour Research and Therapy</i> , 2009 , 47, 339-44	5.2	54
81	Sleep timing, chronotype, mood, and behavior at an Arctic latitude (69°N). <i>Sleep Medicine</i> , 2014 , 15, 798-807	4.6	51
80	The role of insomnia, pre-sleep arousal and psychopathology symptoms in daytime impairment in adolescents with high-functioning autism spectrum disorder. <i>Sleep Medicine</i> , 2014 , 15, 1082-8	4.6	51
79	Delayed sleep phase disorder in youth. <i>Current Opinion in Psychiatry</i> , 2013 , 26, 580-5	4.9	51
78	Family disorganization, sleep hygiene, and adolescent sleep disturbance. <i>Journal of Clinical Child and Adolescent Psychology</i> , 2009 , 38, 745-52	5.4	51

77	Insomnia and its symptoms in adolescents: comparing DSM-IV and ICSD-II diagnostic criteria. <i>Journal of Clinical Sleep Medicine</i> , 2012 , 8, 295-9	3.1	50
76	Relationships between the circadian rhythms of finger temperature, core temperature, sleep latency, and subjective sleepiness. <i>Journal of Biological Rhythms</i> , 2004 , 19, 157-63	3.2	49
75	The endogenous circadian temperature period length (τ) in delayed sleep phase disorder compared to good sleepers. <i>Journal of Sleep Research</i> , 2013 , 22, 617-24	5.8	46
74	The etiology of delayed sleep phase disorder. <i>Sleep Medicine Reviews</i> , 2016 , 27, 29-38	10.2	45
73	The Flinders Fatigue Scale: preliminary psychometric properties and clinical sensitivity of a new scale for measuring daytime fatigue associated with insomnia. <i>Journal of Clinical Sleep Medicine</i> , 2007 , 3, 722-8	3.1	42
72	Trying to fall asleep while catastrophising: what sleep-disordered adolescents think and feel. <i>Sleep Medicine</i> , 2014 , 15, 96-103	4.6	41
71	Intensive Sleep Retraining treatment for chronic primary insomnia: a preliminary investigation. <i>Journal of Sleep Research</i> , 2007 , 16, 276-84	5.8	41
70	Does comorbid obstructive sleep apnea impair the effectiveness of cognitive and behavioral therapy for insomnia?. <i>Sleep Medicine</i> , 2017 , 39, 38-46	4.6	40
69	Dismantling the bidirectional relationship between paediatric sleep and anxiety. <i>Clinical Psychologist</i> , 2012 , 16, 44-56	1.6	40
68	Identifying adolescent sleep problems. <i>PLoS ONE</i> , 2013 , 8, e75301	3.7	39
67	Circadian Melatonin and Temperature Taus in Delayed Sleep-wake Phase Disorder and Non-24-hour Sleep-wake Rhythm Disorder Patients: An Ultradian Constant Routine Study. <i>Journal of Biological Rhythms</i> , 2016 , 31, 387-405	3.2	38
66	Assessing cognitive processes related to insomnia: A review and measurement guide for Harvey's cognitive model for the maintenance of insomnia. <i>Sleep Medicine Reviews</i> , 2015 , 23, 46-53	10.2	36
65	Nocturnal Melatonin Profiles in Patients with Delayed Sleep-Wake Phase Disorder and Control Sleepers. <i>Journal of Biological Rhythms</i> , 2015 , 30, 437-48	3.2	36
64	Acute finger temperature changes preceding sleep onsets over a 45-h period. <i>Journal of Sleep Research</i> , 2002 , 11, 275-82	5.8	36
63	Craving for internet games? Withdrawal symptoms from an 84-h abstinence from Massively Multiplayer Online gaming. <i>Computers in Human Behavior</i> , 2016 , 62, 488-494	7.7	36
62	The Chronic Sleep Reduction Questionnaire (CSRQ): a cross-cultural comparison and validation in Dutch and Australian adolescents. <i>Journal of Sleep Research</i> , 2012 , 21, 584-94	5.8	33
61	Chronotype, circadian rhythms and mood. <i>Current Opinion in Psychology</i> , 2020 , 34, 77-83	6.2	32
60	Self-reported sleep patterns and quality amongst adolescents: cross-sectional and prospective associations with anxiety and depression. <i>Journal of Child Psychology and Psychiatry and Allied Disciplines</i> , 2020 , 61, 1126-1137	7.9	29

59	Single night video-game use leads to sleep loss and attention deficits in older adolescents. <i>Journal of Adolescence</i> , 2014 , 37, 1003-9	3.4	28
58	REM sleep fragmentation associated with depressive symptoms and genetic risk for depression in a community-based sample of adolescents. <i>Journal of Affective Disorders</i> , 2019 , 245, 757-763	6.6	28
57	Development of Late Circadian Preference: Sleep Timing From Childhood to Late Adolescence. <i>Journal of Pediatrics</i> , 2018 , 194, 182-189.e1	3.6	28
56	Protective and risk factors associated with adolescent sleep: findings from Australia, Canada, and The Netherlands. <i>Sleep Medicine</i> , 2016 , 26, 97-103	4.6	27
55	Are cognitive "insomnia" processes involved in the development and maintenance of delayed sleep wake phase disorder?. <i>Sleep Medicine Reviews</i> , 2016 , 26, 1-8	10.2	25
54	Intrinsic and extrinsic predictors of video-gaming behaviour and adolescent bedtimes: the relationship between flow states, self-perceived risk-taking, device accessibility, parental regulation of media and bedtime. <i>Sleep Medicine</i> , 2017 , 30, 64-70	4.6	24
53	How Many Sleep Diary Entries Are Needed to Reliably Estimate Adolescent Sleep?. <i>Sleep</i> , 2017 , 40,	1.1	24
52	Parental influences on adolescent video game play: a study of accessibility, rules, limit setting, monitoring, and cybersafety. <i>Cyberpsychology, Behavior, and Social Networking</i> , 2015 , 18, 273-9	4.4	22
51	Adolescent napping behavior: Comparisons of school week versus weekend sleep patterns. <i>Sleep and Biological Rhythms</i> , 2008 , 6, 183-186	1.3	22
50	Relationships between sleep knowledge, sleep practice and sleep quality. <i>Sleep and Biological Rhythms</i> , 2007 , 5, 63-73	1.3	22
49	Trajectories of abstinence-induced Internet gaming withdrawal symptoms: A prospective pilot study. <i>Addictive Behaviors Reports</i> , 2016 , 4, 24-30	3.7	21
48	Assessment and Treatment of Delayed Sleep Phase Disorder in Adolescents. <i>Sleep Medicine Clinics</i> , 2014 , 9, 199-210	3.6	21
47	Brief school-based interventions to assist adolescentsTs sleep-onset latency: Comparing mindfulness and constructive worry versus controls. <i>Journal of Sleep Research</i> , 2018 , 27, e12668	5.8	17
46	Adolescents who perceive fewer consequences of risk-taking choose to switch off games later at night. <i>Acta Paediatrica, International Journal of Paediatrics</i> , 2015 , 104, e222-7	3.1	16
45	Personality differences in patients with delayed sleep-wake phase disorder and non-24-h sleep-wake rhythm disorder relative to healthy sleepers. <i>Sleep Medicine</i> , 2017 , 30, 128-135	4.6	15
44	An investigation of the longitudinal relationship between sleep and depressed mood in developing teens. <i>Nature and Science of Sleep</i> , 2017 , 9, 3-10	3.6	15
43	Can exercise regulate the circadian system of adolescents? Novel implications for the treatment of delayed sleep-wake phase disorder. <i>Sleep Medicine Reviews</i> , 2017 , 34, 122-129	10.2	15
42	Screening for Sleep Reduction in Adolescents Through Self-report: Development and Validation of the Sleep Reduction Screening Questionnaire (SRSQ). <i>Child and Youth Care Forum</i> , 2014 , 43, 607-619	2.4	14

41	Do chronic primary insomniacs have impaired heat loss when attempting sleep?. <i>American Journal of Physiology - Regulatory Integrative and Comparative Physiology</i> , 2006 , 290, R1115-21	3.2	14
40	Effectiveness of Brief Abstinence for Modifying Problematic Internet Gaming Cognitions and Behaviors. <i>Journal of Clinical Psychology</i> , 2017 , 73, 1573-1585	2.8	13
39	Sleep in Children and Adolescents with Obsessive-Compulsive Disorder. <i>Sleep Medicine Clinics</i> , 2015 , 10, 133-41	3.6	12
38	Can the circadian phase be estimated from self-reported sleep timing in patients with Delayed Sleep Wake Phase Disorder to guide timing of chronobiologic treatment?. <i>Chronobiology International</i> , 2016 , 33, 1376-1390	3.6	12
37	Pediatric motor activity during sleep as measured by actigraphy. <i>Sleep</i> , 2019 , 42,	1.1	12
36	Cognitive "insomnia" processes in delayed sleep-wake phase disorder: Do they exist and are they responsive to chronobiological treatment?. <i>Journal of Consulting and Clinical Psychology</i> , 2019 , 87, 16-32	6.5	11
35	Do symptoms of depression, anxiety or stress impair the effectiveness of cognitive behavioural therapy for insomnia? A chart-review of 455 patients with chronic insomnia. <i>Sleep Medicine</i> , 2020 , 75, 401-410	4.6	11
34	Readiness to change and commitment as predictors of therapy compliance in adolescents with Delayed Sleep-Wake Phase Disorder. <i>Sleep Medicine</i> , 2019 , 55, 48-55	4.6	10
33	Risk Factors and Sleep Intervention Considerations in Esports: A Review and Practical Guide. <i>Sleep Medicine Research</i> , 2019 , 10, 59-66	0.8	10
32	Caffeine and Sleep in Adolescents: A Systematic Review. <i>Journal of Caffeine Research</i> , 2015 , 5, 105-114		9
31	Validation of the Flinders Fatigue Scale as a measure of daytime fatigue. <i>Sleep Medicine</i> , 2017 , 30, 105-114	1.2	8
30	The role of pre-sleep cognitions in adolescent sleep-onset problems. <i>Sleep Medicine</i> , 2018 , 46, 117-121	4.6	8
29	Sleep in older adolescents. Results from a large cross-sectional, population-based study. <i>Journal of Sleep Research</i> , 2021 , 30, e13263	5.8	8
28	Sleep, screen time and behaviour problems in preschool children: an actigraphy study. <i>European Child and Adolescent Psychiatry</i> , 2021 , 30, 1793-1802	5.5	8
27	Sleep Characteristics and Mood of Professional Esports Athletes: A Multi-National Study. <i>International Journal of Environmental Research and Public Health</i> , 2021 , 18,	4.6	8
26	Let's help parents help themselves: a letter to the editor supporting the safety of behavioural sleep techniques. <i>Early Human Development</i> , 2013 , 89, 39-40	2.2	7
25	Infant sleep during COVID-19: Longitudinal analysis of infants of US mothers in home confinement versus working as usual. <i>Sleep Health</i> , 2021 , 7, 19-23	4	7
24	An open trial of bedtime fading for sleep disturbances in preschool children: a parent group education approach. <i>Sleep Medicine</i> , 2018 , 46, 98-106	4.6	6

23	Cognitive performance in DSWPD patients upon awakening from habitual sleep compared with forced conventional sleep. <i>Journal of Sleep Research</i> , 2019 , 28, e12730	5.8	6
22	The short and long of adolescent sleep: the unique impact of day length. <i>Sleep Medicine</i> , 2017 , 38, 31-36	4.6	6
21	Adolescent sleep and fluid intelligence performance. <i>Sleep and Biological Rhythms</i> , 2010 , 8, 180-186	1.3	6
20	Circadian typology and implications for adolescent sleep health. Results from a large, cross-sectional, school-based study. <i>Sleep Medicine</i> , 2021 , 83, 63-70	4.6	6
19	How internal and external cues for bedtime affect sleep and adaptive functioning in adolescents. <i>Sleep Medicine</i> , 2019 , 59, 1-6	4.6	6
18	Sleep spindles in adolescence: a comparison across sleep restriction and sleep extension. <i>Sleep Medicine</i> , 2018 , 50, 166-174	4.6	5
17	Mechanisms influencing older adolescents' bedtimes during videogaming: the roles of game difficulty and flow. <i>Sleep Medicine</i> , 2017 , 39, 70-76	4.6	5
16	The development of insomnia or the plasticity of good sleep? A preliminary study of acute changes in sleep and insomnia resulting from an analogue trauma. <i>Behavioral Sleep Medicine</i> , 2015 , 13, 19-35	4.2	4
15	Sleep latency versus shuteye latency: Prevalence, predictors and relation to insomnia symptoms in a representative sample of adults. <i>Journal of Sleep Research</i> , 2018 , 27, e12737	5.8	4
14	Self-reported sleep duration, sleep quality and sleep problems in Mexicans adults: Results of the 2016 Mexican National Halfway Health and Nutrition Survey. <i>Sleep Health</i> , 2021 , 7, 246-253	4	4
13	Daytime sleepiness, driving performance, reaction time and inhibitory control during sleep restriction therapy for Chronic Insomnia Disorder. <i>Sleep Medicine</i> , 2018 , 45, 44-48	4.6	4
12	Reliability of sleep spindle measurements in adolescents: How many nights are necessary?. <i>Journal of Sleep Research</i> , 2019 , 28, e12698	5.8	3
11	Adolescent napping behavior: Dysfunctional cognitions and negative affect. <i>Sleep and Biological Rhythms</i> , 2008 , 6, 260-263	1.3	3
10	Perfectionism and insomnia in adolescents: The role of vulnerability to stress and gender. <i>Journal of Adolescence</i> , 2020 , 85, 70-79	3.4	3
9	Sleep and screen exposure across the beginning of life: deciphering the links using big-data analytics. <i>Sleep</i> , 2021 , 44,	1.1	3
8	Sleep Characteristics and Risk Factors of Korean Esports Athletes: An Exploratory Study. <i>Sleep Medicine Research</i> , 2020 , 11, 77-87	0.8	2
7	Delayed sleep-wake phase disorder in young adults: prevalence and correlates from a national survey of Norwegian university students. <i>Sleep Medicine</i> , 2021 , 77, 184-191	4.6	2
6	A clinician's quick guide of evidence-based approaches: Paediatric sleep disorders. <i>Clinical Psychologist</i> , 2014 , 18, 133-134	1.6	1

5	Is It Time We Stop Discouraging Evening Physical Activity? New Real-World Evidence From 150,000 Nights. <i>Frontiers in Public Health</i> , 2021 , 9, 772376	6	1
4	Depressed mood and repetitive negative thinking in Delayed Sleep-Wake Phase Disorder: Treatment effects and a comparison with good sleepers. <i>Journal of Sleep Research</i> , 2021 , e13452	5.8	1
3	Parents matter: barriers and solutions when implementing behavioural sleep interventions for infant sleep problems. <i>Sleep Medicine</i> , 2021 , 84, 244-252	4.6	0
2	COVID-19 babies: auto-videosomnography and parent reports of infant sleep, screen time, and parent well-being in 2019 vs 2020. <i>Sleep Medicine</i> , 2021 , 85, 259-267	4.6	0
1	Understanding Sleep-Wake Behavior in Late Chronotype Adolescents: The Role of Circadian Phase, Sleep Timing, and Sleep Propensity.. <i>Frontiers in Psychiatry</i> , 2022 , 13, 785079	5	0