

Michael

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.

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	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
111	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
110	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
109	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
108	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
107	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
106	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
105	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
104	Sleep and screen exposure across the beginning of life: deciphering the links using big-data analytics. <i>Sleep</i> , 2021 , 44,	1.1	3
103	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
102	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
101	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
100	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
99	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
98	Sleep Characteristics and Risk Factors of Korean Esports Athletes: An Exploratory Study. <i>Sleep Medicine Research</i> , 2020 , 11, 77-87	0.8	2
97	Chronotype, circadian rhythms and mood. <i>Current Opinion in Psychology</i> , 2020 , 34, 77-83	6.2	32
96	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

95	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
94	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
93	Reliability of sleep spindle measurements in adolescents: How many nights are necessary?. <i>Journal of Sleep Research</i> , 2019 , 28, e12698	5.8	3
92	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
91	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
90	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
89	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
88	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
87	Pediatric motor activity during sleep as measured by actigraphy. <i>Sleep</i> , 2019 , 42,	1.1	12
86	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
85	Brief school-based interventions to assist adolescentsTsleep-onset latency: Comparing mindfulness and constructive worry versus controls. <i>Journal of Sleep Research</i> , 2018 , 27, e12668	5.8	17
84	The role of pre-sleep cognitions in adolescent sleep-onset problems. <i>Sleep Medicine</i> , 2018 , 46, 117-121	4.6	8
83	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
82	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
81	Sleep spindles in adolescence: a comparison across sleep restriction and sleep extension. <i>Sleep Medicine</i> , 2018 , 50, 166-174	4.6	5
80	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
79	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
78	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

77	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
76	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
75	How Many Sleep Diary Entries Are Needed to Reliably Estimate Adolescent Sleep?. <i>Sleep</i> , 2017 , 40,	1.1	24
74	Validation of the Flinders Fatigue Scale as a measure of daytime fatigue. <i>Sleep Medicine</i> , 2017 , 30, 105-112	4.6	8
73	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
72	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
71	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
70	The short and long of adolescent sleep: the unique impact of day length. <i>Sleep Medicine</i> , 2017 , 38, 31-36	4.6	6
69	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
68	The etiology of delayed sleep phase disorder. <i>Sleep Medicine Reviews</i> , 2016 , 27, 29-38	10.2	45
67	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
66	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
65	Trajectories of abstinence-induced Internet gaming withdrawal symptoms: A prospective pilot study. <i>Addictive Behaviors Reports</i> , 2016 , 4, 24-30	3.7	21
64	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
63	Withdrawal symptoms in internet gaming disorder: A systematic review. <i>Clinical Psychology Review</i> , 2016 , 43, 58-66	10.8	115
62	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
61	Behavioral Interventions for Infant Sleep Problems: A Randomized Controlled Trial. <i>Pediatrics</i> , 2016 , 137,	7.4	75
60	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

59	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
58	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
57	Caffeine and Sleep in Adolescents: A Systematic Review. <i>Journal of Caffeine Research</i> , 2015 , 5, 105-114		9
56	Protective and risk factors for adolescent sleep: a meta-analytic review. <i>Sleep Medicine Reviews</i> , 2015 , 21, 72-85	10.2	305
55	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
54	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
53	Sleep in Children and Adolescents with Obsessive-Compulsive Disorder. <i>Sleep Medicine Clinics</i> , 2015 , 10, 133-41	3.6	12
52	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
51	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
50	Sleep timing, chronotype, mood, and behavior at an Arctic latitude (69°N). <i>Sleep Medicine</i> , 2014 , 15, 798-807	4.6	51
49	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
48	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
47	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
46	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
45	Assessment and Treatment of Delayed Sleep Phase Disorder in Adolescents. <i>Sleep Medicine Clinics</i> , 2014 , 9, 199-210	3.6	21
44	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
43	A clinician's quick guide of evidence-based approaches: Paediatric sleep disorders. <i>Clinical Psychologist</i> , 2014 , 18, 133-134	1.6	1
42	Trying to Fall asleep while catastrophising: what sleep-disordered adolescents think and feel. <i>Sleep Medicine</i> , 2014 , 15, 96-103	4.6	41

41	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
40	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
39	The impact of sleep on adolescent depressed mood, alertness and academic performance. <i>Journal of Adolescence</i> , 2013 , 36, 1025-33	3.4	128
38	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
37	The sleep patterns and well-being of Australian adolescents. <i>Journal of Adolescence</i> , 2013 , 36, 103-10	3.4	80
36	Delayed sleep phase disorder in youth. <i>Current Opinion in Psychiatry</i> , 2013 , 26, 580-5	4.9	51
35	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, 323-30	4.2	78
34	The endogenous circadian temperature period length (tau) in delayed sleep phase disorder compared to good sleepers. <i>Journal of Sleep Research</i> , 2013 , 22, 617-24	5.8	46
33	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
32	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
31	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
30	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
29	Identifying adolescent sleep problems. <i>PLoS ONE</i> , 2013 , 8, e75301	3.7	39
28	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
27	Dismantling the bidirectional relationship between paediatric sleep and anxiety. <i>Clinical Psychologist</i> , 2012 , 16, 44-56	1.6	40
26	The discrepancy between actigraphic and sleep diary measures of sleep in adolescents. <i>Sleep Medicine</i> , 2012 , 13, 378-84	4.6	143
25	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
24	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

23	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
22	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
21	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
20	A motivational school-based intervention for adolescent sleep problems. <i>Sleep Medicine</i> , 2011 , 12, 246-54	4.6	121
19	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
18	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
17	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
16	Adolescent sleep and fluid intelligence performance. <i>Sleep and Biological Rhythms</i> , 2010 , 8, 180-186	1.3	6
15	The Effect of Presleep Video-Game Playing on Adolescent Sleep. <i>Journal of Clinical Sleep Medicine</i> , 2010 , 06, 184-189	3.1	85
14	Electronic media use and sleep in school-aged children and adolescents: A review. <i>Sleep Medicine</i> , 2010 , 11, 735-42	4.6	701
13	Family disorganization, sleep hygiene, and adolescent sleep disturbance. <i>Journal of Clinical Child and Adolescent Psychology</i> , 2009 , 38, 745-52	5.4	51
12	The sleep patterns and problems of clinically anxious children. <i>Behaviour Research and Therapy</i> , 2009 , 47, 339-44	5.2	54
11	Evaluation of a school-based intervention for adolescent sleep problems. <i>Sleep</i> , 2009 , 32, 334-41	1.1	136
10	Adolescent napping behavior: Comparisons of school week versus weekend sleep patterns. <i>Sleep and Biological Rhythms</i> , 2008 , 6, 183-186	1.3	22
9	Adolescent napping behavior: Dysfunctional cognitions and negative affect. <i>Sleep and Biological Rhythms</i> , 2008 , 6, 260-263	1.3	3
8	The relationship between insomnia and body temperatures. <i>Sleep Medicine Reviews</i> , 2008 , 12, 307-17	10.2	168
7	Intensive Sleep Retraining treatment for chronic primary insomnia: a preliminary investigation. <i>Journal of Sleep Research</i> , 2007 , 16, 276-84	5.8	41
6	Relationships between sleep knowledge, sleep practice and sleep quality. <i>Sleep and Biological Rhythms</i> , 2007 , 5, 63-73	1.3	22

5	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
4	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
3	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
2	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
1	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