

Reut Gruber

List of Publications by Year in descending order

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Version: 2024-02-01

93
papers

7,534
citations

94381

37
h-index

54882

84
g-index

95
all docs

95
docs citations

95
times ranked

7180
citing authors

| # | ARTICLE | IF | CITATIONS |
|----|--|-----|-----------|
| 1 | Canadian 24-Hour Movement Guidelines for Children and Youth: An Integration of Physical Activity, Sedentary Behaviour, and Sleep. <i>Applied Physiology, Nutrition and Metabolism</i> , 2016, 41, S311-S327. | 0.9 | 1,099 |
| 2 | The Effects of Sleep Restriction and Extension on School-Age Children: What a Difference an Hour Makes. <i>Child Development</i> , 2003, 74, 444-455. | 1.7 | 616 |
| 3 | Sleep, Neurobehavioral Functioning, and Behavior Problems in School-Age Children. <i>Child Development</i> , 2002, 73, 405-417. | 1.7 | 609 |
| 4 | Systematic review of the relationships between sleep duration and health indicators in school-aged children and youth. <i>Applied Physiology, Nutrition and Metabolism</i> , 2016, 41, S266-S282. | 0.9 | 546 |
| 5 | Sleep patterns and sleep disruptions in school-age children.. <i>Developmental Psychology</i> , 2000, 36, 291-301. | 1.2 | 448 |
| 6 | Canadian 24-Hour Movement Guidelines for the Early Years (0-4 years): An Integration of Physical Activity, Sedentary Behaviour, and Sleep. <i>BMC Public Health</i> , 2017, 17, 874. | 1.2 | 382 |
| 7 | Instability of Sleep Patterns in Children With Attention-Deficit/Hyperactivity Disorder. <i>Journal of the American Academy of Child and Adolescent Psychiatry</i> , 2000, 39, 495-501. | 0.3 | 273 |
| 8 | Systematic review of the relationships between sleep duration and health indicators in the early years (0-4 years). <i>BMC Public Health</i> , 2017, 17, 855. | 1.2 | 246 |
| 9 | Impact of Sleep Extension and Restriction on Children's Emotional Lability and Impulsivity. <i>Pediatrics</i> , 2012, 130, e1155-e1161. | 1.0 | 192 |
| 10 | Assessment and Management of Sleep Problems in Youths With Attention-Deficit/Hyperactivity Disorder. <i>Journal of the American Academy of Child and Adolescent Psychiatry</i> , 2013, 52, 784-796. | 0.3 | 192 |
| 11 | The Interplay Between Sleep and Emotion Regulation: Conceptual Framework Empirical Evidence and Future Directions. <i>Current Psychiatry Reports</i> , 2014, 16, 500. | 2.1 | 150 |
| 12 | Impact of Sleep Restriction on Neurobehavioral Functioning of Children with Attention Deficit Hyperactivity Disorder. <i>Sleep</i> , 2011, 34, 315-323. | 0.6 | 126 |
| 13 | Future Research Directions in Sleep and ADHD. <i>Journal of Attention Disorders</i> , 2013, 17, 550-564. | 1.5 | 122 |
| 14 | Short sleep duration is associated with poor performance on IQ measures in healthy school-age children. <i>Sleep Medicine</i> , 2010, 11, 289-294. | 0.8 | 115 |
| 15 | Sleep Disturbances in Prepubertal Children with Attention Deficit Hyperactivity Disorder: A Home Polysomnography Study. <i>Sleep</i> , 2009, 32, 343-350. | 0.6 | 114 |
| 16 | Sleep and Neurobehavioral Functioning in Boys with Attention-Deficit/ Hyperactivity Disorder and No Reported Breathing Problems. <i>Sleep</i> , 2004, 27, 267-273. | 0.6 | 104 |
| 17 | School-based sleep promotion programs: Effectiveness, feasibility and insights for future research. <i>Sleep Medicine Reviews</i> , 2013, 17, 207-214. | 3.8 | 91 |
| 18 | Influence of sleep on developing brain functions and structures in children and adolescents: A systematic review. <i>Sleep Medicine Reviews</i> , 2018, 42, 184-201. | 3.8 | 87 |

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|----|--|-----|-----------|
| 19 | Sleep disorders in patients with ADHD: impact and management challenges. <i>Nature and Science of Sleep</i> , 2018, Volume 10, 453-480. | 1.4 | 80 |
| 20 | School-based sleep education program improves sleep and academic performance of school-age children. <i>Sleep Medicine</i> , 2016, 21, 93-100. | 0.8 | 77 |
| 21 | Dose Effects and Comparative Effectiveness of Extended Release Dexamethylphenidate and Mixed Amphetamine Salts. <i>Journal of Child and Adolescent Psychopharmacology</i> , 2011, 21, 581-588. | 0.7 | 74 |
| 22 | Sleep in Children With Cerebral Palsy. <i>Journal of Child Neurology</i> , 2011, 26, 1303-1310. | 0.7 | 73 |
| 23 | Methylphenidate Treatment for Attention-Deficit/Hyperactivity Disorder in Children and Adolescents With Velocardiofacial Syndrome. <i>Journal of Clinical Psychiatry</i> , 2003, 64, 1163-1169. | 1.1 | 73 |
| 24 | Sleep efficiency (but not sleep duration) of healthy school-age children is associated with grades in math and languages. <i>Sleep Medicine</i> , 2014, 15, 1517-1525. | 0.8 | 72 |
| 25 | The impact of COVID-19 related school shutdown on sleep in adolescents: a natural experiment. <i>Sleep Medicine</i> , 2020, 76, 33-35. | 0.8 | 72 |
| 26 | Short sleep duration is associated with teacher-reported inattention and cognitive problems in healthy school-aged children. <i>Nature and Science of Sleep</i> , 2012, 4, 33. | 1.4 | 71 |
| 27 | Sleep and eating in childhood: a potential behavioral mechanism underlying the relationship between poor sleep and obesity. <i>Sleep Medicine</i> , 2014, 15, 71-75. | 0.8 | 71 |
| 28 | Sleep Characteristics of Children and Adolescents with Attention Deficit-Hyperactivity Disorder. <i>Child and Adolescent Psychiatric Clinics of North America</i> , 2009, 18, 863-876. | 1.0 | 69 |
| 29 | Contributions of circadian tendencies and behavioral problems to sleep onset problems of children with ADHD. <i>BMC Psychiatry</i> , 2012, 12, 212. | 1.1 | 65 |
| 30 | Body temperature, activity and melatonin profiles in adults with attention deficit/hyperactivity disorder and delayed sleep: a case-control study. <i>Journal of Sleep Research</i> , 2013, 22, 607-616. | 1.7 | 62 |
| 31 | The association between sleep spindles and IQ in healthy school-age children. <i>International Journal of Psychophysiology</i> , 2013, 89, 229-240. | 0.5 | 61 |
| 32 | Position statement on pediatric sleep for psychiatrists. <i>Journal of the Canadian Academy of Child and Adolescent Psychiatry</i> , 2014, 23, 174-95. | 0.7 | 61 |
| 33 | Performance on the Continuous Performance Test in Children with ADHD Is Associated with Sleep Efficiency. <i>Sleep</i> , 2007, 30, 1003-1009. | 0.6 | 60 |
| 34 | Sleep Spindle Characteristics in Children with Neurodevelopmental Disorders and Their Relation to Cognition. <i>Neural Plasticity</i> , 2016, 2016, 1-27. | 1.0 | 60 |
| 35 | Association between the Munich Chronotype Questionnaire and Wrist Actigraphy. <i>Sleep Disorders</i> , 2018, 2018, 1-7. | 0.8 | 57 |
| 36 | Sleep and sleepiness in children with attention deficit/hyperactivity disorder and controls. <i>Journal of Sleep Research</i> , 2013, 22, 41-49. | 1.7 | 54 |

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|----|---|-----|-----------|
| 37 | School-based sleep education programs: A knowledge-to-action perspective regarding barriers, proposed solutions, and future directions. <i>Sleep Medicine Reviews</i> , 2017, 36, 13-28. | 3.8 | 54 |
| 38 | Sleep and COMT Polymorphism in ADHD Children: Preliminary Actigraphic Data. <i>Journal of the American Academy of Child and Adolescent Psychiatry</i> , 2006, 45, 982-989. | 0.3 | 38 |
| 39 | Protective and risk factors associated with adolescent sleep: findings from Australia, Canada, and The Netherlands. <i>Sleep Medicine</i> , 2016, 26, 97-103. | 0.8 | 36 |
| 40 | Children's gender-related inferences and judgments: A cross-cultural study.. <i>Developmental Psychology</i> , 2001, 37, 839-846. | 1.2 | 34 |
| 41 | Sleep patterns and the risk for ADHD: a review. <i>Nature and Science of Sleep</i> , 2012, 4, 73. | 1.4 | 32 |
| 42 | Young children's representations of conflict and distress: A longitudinal study of boys and girls with disruptive behavior problems. <i>Development and Psychopathology</i> , 2008, 20, 99-119. | 1.4 | 31 |
| 43 | Training, knowledge, attitudes and practices of Canadian health care providers regarding sleep and sleep disorders in children. <i>Paediatrics and Child Health</i> , 2017, 22, 322-327. | 0.3 | 31 |
| 44 | Dopamine Transporter Genotype and Stimulant Side Effect Factors in Youth Diagnosed with Attention-Deficit/Hyperactivity Disorder. <i>Journal of Child and Adolescent Psychopharmacology</i> , 2009, 19, 233-239. | 0.7 | 30 |
| 45 | Sleep patterns and the risk for unipolar depression: a review. <i>Nature and Science of Sleep</i> , 2012, 4, 63. | 1.4 | 29 |
| 46 | Sleep Health Education in Pediatric Community Settings: Rationale and Practical Suggestions for Incorporating Healthy Sleep Education into Pediatric Practice. <i>Pediatric Clinics of North America</i> , 2011, 58, 735-754. | 0.9 | 28 |
| 47 | Evaluation of an Internet-Based Behavioral Intervention to Improve Psychosocial Health Outcomes in Children With Insomnia (Better Nights, Better Days): Protocol for a Randomized Controlled Trial. <i>JMIR Research Protocols</i> , 2018, 7, e76. | 0.5 | 27 |
| 48 | Can Slow-Wave Sleep Enhancement Improve Memory? A Review of Current Approaches and Cognitive Outcomes. <i>Yale Journal of Biology and Medicine</i> , 2019, 92, 63-80. | 0.2 | 26 |
| 49 | Effect of Extended-Release Dexmethylphenidate and Mixed Amphetamine Salts on Sleep: A Double-Blind, Randomized, Crossover Study in Youth with Attention-Deficit Hyperactivity Disorder. <i>CNS Drugs</i> , 2014, 28, 825-833. | 2.7 | 25 |
| 50 | Delayed Sleep Phase Syndrome, ADHD, and Bright Light Therapy. <i>Journal of Clinical Psychiatry</i> , 2007, 68, 337-338. | 1.1 | 25 |
| 51 | A comparative study of the neuropsychiatric and neurocognitive phenotype in two microdeletion syndromes: Velocardiofacial (22q11.2 deletion) and Williams (7q11.23 deletion) syndromes. <i>European Psychiatry</i> , 2014, 29, 203-210. | 0.1 | 24 |
| 52 | Knowledge translation of the Canadian 24-Hour Movement Guidelines for Adults aged 18â€“64 years and Adults aged 65 years or older: a collaborative movement guideline knowledge translation process. <i>Applied Physiology, Nutrition and Metabolism</i> , 2020, 45, S103-S124. | 0.9 | 21 |
| 53 | A cross-lagged panel analysis of children's sleep, attention, and mood in a prenatally stressed cohort: The QF2011 Queensland flood study. <i>Journal of Affective Disorders</i> , 2019, 255, 96-104. | 2.0 | 20 |
| 54 | Making room for sleep: The relevance of sleep to psychology and the rationale for development of preventative sleep education programs for children and adolescents in the community.. <i>Canadian Psychology</i> , 2013, 54, 62-71. | 1.4 | 19 |

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|----|--|-----|-----------|
| 55 | ADHD, Anxiety and Sleep: A Window to Understanding the Interplay Between Sleep, Emotional Regulation and Attention in Children?. Behavioral Sleep Medicine, 2014, 12, 84-87. | 1.1 | 18 |
| 56 | The effect of sleep restriction on neurobehavioural functioning in normally developing children and adolescents: Insights from the attention behaviour and sleep laboratory. Pathologie Et Biologie, 2014, 62, 319-331. | 2.2 | 18 |
| 57 | Cumulative mild partial sleep deprivation negatively impacts working memory capacity but not sustained attention, response inhibition, or decision making: a randomized controlled trial. Sleep Health, 2019, 5, 101-108. | 1.3 | 17 |
| 58 | Gender Schema and Social Judgments: A Developmental Study of Children from Hong Kong. Sex Roles, 2000, 43, 19-42. | 1.4 | 16 |
| 59 | Establishment and consolidation of the sleep-wake cycle as a function of attachment pattern. Attachment and Human Development, 2015, 17, 23-42. | 1.2 | 16 |
| 60 | Determinants of sleep behavior in adolescents: A pilot study. Sleep Health, 2017, 3, 157-162. | 1.3 | 16 |
| 61 | The Associations Between Sleep and Externalizing and Internalizing Problems in Children and Adolescents with Attention-Deficit/Hyperactivity Disorder. Child and Adolescent Psychiatric Clinics of North America, 2021, 30, 175-193. | 1.0 | 15 |
| 62 | Sleep and academic success: mechanisms, empirical evidence, and interventional strategies. Adolescent Medicine: State of the Art Reviews, 2010, 21, 522-41, x. | 0.2 | 15 |
| 63 | Barriers, facilitators, and usability of an Internet intervention for children aged 1 to 10 years with insomnia.. Translational Issues in Psychological Science, 2015, 1, 16-31. | 0.6 | 13 |
| 64 | Construct Validity of an Instrument to Assess Major Depression in Parents in Epidemiologic Studies. Canadian Journal of Psychiatry, 2005, 50, 784-791. | 0.9 | 12 |
| 65 | Parental social capital and children's sleep disturbances. Sleep Health, 2016, 2, 330-334. | 1.3 | 12 |
| 66 | Children's Sleep During COVID-19: How Sleep Influences Surviving and Thriving in Families. Journal of Pediatric Psychology, 2021, 46, 1051-1062. | 1.1 | 12 |
| 67 | What Motivational and Awareness Variables are Associated with Adolescents' Intentions to Go to Bed Earlier?. Current Psychology, 2014, 33, 113-129. | 1.7 | 10 |
| 68 | An actigraphic study of the sleep patterns of younger and older school-age children. Sleep Medicine, 2018, 47, 117-125. | 0.8 | 10 |
| 69 | <p>Sleep Duration Is Associated with Academic Achievement of Adolescent Girls in Mathematics</p>. Nature and Science of Sleep, 2020, Volume 12, 173-182. | 1.4 | 10 |
| 70 | A call for action regarding translational research in pediatric sleep. Sleep Health, 2016, 2, 88-89. | 1.3 | 8 |
| 71 | Towards an Understanding of Sleep Problems in Childhood Depression. Sleep, 2006, 29, 418-420. | 0.6 | 7 |
| 72 | Association Between Fatigue and Autistic Symptoms in Children With Cri du Chat Syndrome. American Journal on Intellectual and Developmental Disabilities, 2011, 116, 278-289. | 0.8 | 7 |

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|----|---|-----|-----------|
| 73 | The short and long of adolescent sleep: the unique impact of day length. <i>Sleep Medicine</i> , 2017, 38, 31-36. | 0.8 | 7 |
| 74 | Evaluating the effectiveness of the Motivating Teens To Sleep More program in advancing bedtime in adolescents: a randomized controlled trial. <i>BMC Psychology</i> , 2014, 2, . | 0.9 | 6 |
| 75 | The Association between Sleep and Theory of Mind in School Aged Children with ADHD. <i>Medical Sciences (Basel, Switzerland)</i> , 2017, 5, 18. | 1.3 | 6 |
| 76 | School-based sleep health education in Canada. <i>Sleep Medicine</i> , 2019, 56, 9-15. | 0.8 | 6 |
| 77 | Sleep Disturbances in Prepubertal Children with Attention Deficit Hyperactivity Disorder: A Home Polysomnography Study. <i>Sleep</i> , 2009, , . | 0.6 | 5 |
| 78 | Using Parental Report to Identify Children at Risk for Poor Sleep and Daytime Problems. <i>Behavioral Sleep Medicine</i> , 2020, 18, 460-476. | 1.1 | 5 |
| 79 | Modulation of Slow-Wave Sleep: Implications for Psychiatry. <i>Current Psychiatry Reports</i> , 2020, 22, 52. | 2.1 | 3 |
| 80 | Evaluating school-based sleep health promotion programs in real life. <i>Sleep Health</i> , 2020, 6, 135-136. | 1.3 | 3 |
| 81 | Health Disparities in Sleep Medicine: Responses to the American Sleep Medicine Foundation Humanitarian Projects Award Program. <i>Journal of Clinical Sleep Medicine</i> , 2011, 07, 583-584. | 1.4 | 2 |
| 82 | Sleep and daytime behavior in individuals with Christianson Syndrome. <i>Sleep Medicine</i> , 2022, 89, 55-59. | 0.8 | 2 |
| 83 | 595 The associations between excessive daytime sleepiness and emotional lability in typically developing adolescents. <i>Sleep</i> , 2021, 44, A234-A235. | 0.6 | 1 |
| 84 | Challenges and opportunities related to pediatric sleep research during the Covid-19 pandemic. <i>Sleep</i> , 2021, 44, . | 0.6 | 1 |
| 85 | Understanding the Sleep Habits of Children Within an Indigenous Community. <i>International Journal of Indigenous Health</i> , 2018, 13, 42-64. | 0.8 | 1 |
| 86 | Sleep. Eat. Perform?. <i>Sleep</i> , 2010, 33, 1431-1432. | 0.6 | 0 |
| 87 | The Impact of Sleep on Emotion in Typically Developing Children. , 2015, , 399-419. | | 0 |
| 88 | Avi Sadeh. <i>Sleep Health</i> , 2017, 3, 5. | 1.3 | 0 |
| 89 | 77 Sleep Behaviours and Disturbances Characterizing Adolescents with ADHD Symptoms. <i>Paediatrics and Child Health</i> , 2019, 24, e30-e30. | 0.3 | 0 |
| 90 | 78 The associations between objective measures of sleep averages and variability with report card grades in adolescents. <i>Paediatrics and Child Health</i> , 2019, 24, e30-e30. | 0.3 | 0 |

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|----|--|-----|-----------|
| 91 | Introduction to the special issue: pediatric sleep medicine in Canada. <i>Sleep Medicine</i> , 2019, 56, 1-3. | 0.8 | 0 |
| 92 | Pediatric sleep in Australia and New Zealand- introduction to the 2nd Special Issue (SI) in the Pediatric Sleep Around The World. <i>Sleep Medicine</i> , 2022, 89, 182-184. | 0.8 | 0 |
| 93 | Should we use the multidimensional model of sleep health to assess the outcomes of sleep health promotion interventions? A commentary on: “Do sleep interventions change sleep duration in children aged 0–5 years?” By Taylor et al.. <i>Sleep Medicine Reviews</i> , 2021, 59, 101517. | 3.8 | 0 |