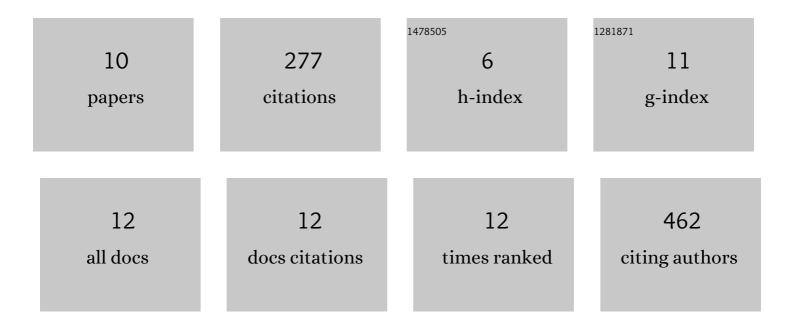
Iuliana Hartescu

List of Publications by Year in descending order

Source: https://exaly.com/author-pdf/60180/publications.pdf Version: 2024-02-01



ιι ιλνιλ Ηλάτες

#	Article	IF	CITATIONS
1	Increased physical activity improves sleep and mood outcomes in inactive people with insomnia: a randomized controlled trial. Journal of Sleep Research, 2015, 24, 526-534.	3.2	165
2	Regular physical activity and insomnia: An international perspective. Journal of Sleep Research, 2019, 28, e12745.	3.2	30
3	Sleep duration and all-cause mortality: links to physical activity and prefrailty in a 27-year follow up of older adults in the UK. Sleep Medicine, 2019, 54, 231-237.	1.6	22
4	Sleep Quality and Recommended Levels of Physical Activity in Older People. Journal of Aging and Physical Activity, 2016, 24, 201-206.	1.0	18
5	Sleep extension and metabolic health in male overweight/obese short sleepers: A randomised controlled trial. Journal of Sleep Research, 2022, 31, e13469.	3.2	11
6	Psychomotor Performance Decrements following a Successful Physical Activity Intervention for Insomnia. Behavioral Sleep Medicine, 2020, 18, 298-308.	2.1	6
7	Sleep duration and sleep efficiency in UK long-distance heavy goods vehicle drivers. Occupational and Environmental Medicine, 2022, 79, 109-115.	2.8	6
8	Sleep Characteristics of Highly Trained Wheelchair Rugby Athletes With and Without a Cervical Spinal Cord Injury During the Competitive Season. Frontiers in Sports and Active Living, 2021, 3, 643233.	1.8	5
9	Sleep quality and adverse incidents in secure mental health settings. Journal of Forensic Psychiatry and Psychology, 2022, 33, 621-637.	1.0	1
10	P068â€Sleep quality in athletes and exercisers. , 2019, , .		0

PO68â€...Sleep quality in athletes and exercisers. , 2019, , . 10