Mariana G Figueiro

List of Publications by Year
in descending order

125 papers	6,756 citations	70961 41 h-index	69108 77 g-index
127 all docs	127 docs citations	127 times ranked	4018 citing authors

#	Article	IF	Citations
1	Measuring and using light in the melanopsin age. Trends in Neurosciences, 2014, 37, 1-9.	4.2	879
2	Light level and duration of exposure determine the impact of self-luminous tablets on melatonin suppression. Applied Ergonomics, 2013, 44, 237-240.	1.7	346
3	A model of phototransduction by the human circadian system. Brain Research Reviews, 2005, 50, 213-228.	9.1	295
4	Health consequences of electric lighting practices in the modern world: A report on the National Toxicology Program's workshop on shift work at night, artificial light at night, and circadian disruption. Science of the Total Environment, 2017, 607-608, 1073-1084.	3.9	266
5	Modelling the spectral sensitivity of the human circadian system. Lighting Research and Technology, 2012, 44, 386-396.	1.2	224
6	Circadian light. Journal of Circadian Rhythms, 2014, 8, 2.	2.9	211
7	The impact of daytime light exposures on sleep and mood in office workers. Sleep Health, 2017, 3, 204-215.	1.3	197
8	Tailored lighting intervention improves measures of sleep, depression, and agitation in persons with Alzheimer’s disease and related dementia living in long-term care facilities. Clinical Interventions in Aging, 2014, 9, 1527.	1.3	168
9	Light as a circadian stimulus for architectural lighting. Lighting Research and Technology, 2018, 50, 497-510.	1.2	155
10	Circadian photobiology: an emerging framework for lighting practice and research. Lighting Research and Technology, 2002, 34, 177-187.	1.2	134
11	Comparisons of three practical field devices used to measure personal light exposures and activity levels. Lighting Research and Technology, 2013, 45, 421-434.	1.2	129
12	Preliminary evidence that both blue and red light can induce alertness at night. BMC Neuroscience, 2009, 10, 105.	0.8	125
13	Alerting effects of short-wavelength (blue) and long-wavelength (red) lights in the afternoon. Physiology and Behavior, 2013, 116-117, 1-7.	1.0	112
14	Light Therapy and Alzheimer's Disease and Related Dementia: Past, Present, and Future. Journal of Alzheimer's Disease, 2013, 33, 913-922.	1.2	102
15	Non-visual effects of light: How to use light to promote circadian entrainment and elicit alertness. Lighting Research and Technology, 2018, 50, 38-62.	1.2	97
16	Shift Work, Chronotype, and Melatonin Rhythm in Nurses. Cancer Epidemiology Biomarkers and Prevention, 2019, 28, 1177-1186.	1.1	96
17	Daytime light exposure: Effects on biomarkers, measures of alertness, and performance. Behavioural Brain Research, 2014, 274, 176-185.	1.2	95
18	A new approach to understanding the impact of circadian disruption on human health. Journal of Circadian Rhythms, 2014, 6, 7.	2.9	92

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19	The Effects of Red and Blue Lights on Circadian Variations in Cortisol, Alpha Amylase, and Melatonin. International Journal of Endocrinology, 2010, 2010, 1-9.	0.6	91
20	Office lighting and personal light exposures in two seasons: Impact on sleep and mood. Lighting Research and Technology, 2016, 48, 352-364.	1.2	85
21	Preliminary evidence for spectral opponency in the suppression of melatonin by light in humans. NeuroReport, 2004, 15, 313-316.	0.6	82
22	Tailored lighting intervention for persons with dementia and caregivers living at home. Sleep Health, 2015, 1, 322-330.	1.3	77
23	Effects of a Tailored Lighting Intervention on Sleep Quality, Restâ€“Activity, Mood, and Behavior in Older Adults With Alzheimer Disease and Related Dementias: A Randomized Clinical Trial. Journal of Clinical Sleep Medicine, 2019, 15, 1757-1767.	1.4	77
24	Circadian-effective light and its impact on alertness in office workers. Lighting Research and Technology, 2019, 51, 171-183.	1.2	77
25	Light at Night and Measures of Alertness and Performance. Biological Research for Nursing, 2016, 18, 90-100.	1.0	73
26	The effects of red and blue light on alertness and mood at night. Lighting Research and Technology, 2010, 42, 449-458.	1.2	68
27	Retinal mechanisms determine the subadditive response to polychromatic light by the human circadian system. Neuroscience Letters, 2008, 438, 242-245.	1.0	65
28	Effects of an advanced sleep schedule and morning short wavelength light exposure on circadian phase in young adults with late sleep schedules. Sleep Medicine, 2011, 12, 685-692.	0.8	65
29	Circadian effectiveness of two polychromatic lights in suppressing human nocturnal melatonin. Neuroscience Letters, 2006, 406, 293-297.	1.0	62
30	Analysis of circadian stimulus allowed by daylighting in hospital rooms. Lighting Research and Technology, 2017, 49, 49-61.	1.2	62
31	Measuring Light at Night and Melatonin Levels in Shift Workers: A Review of the Literature. Biological Research for Nursing, 2017, 19, 365-374.	1.0	62
32	Phototransduction for human melatonin suppression. Journal of Pineal Research, 2002, 32, 209-213.	3.4	54
33	The impact of light from computer monitors on melatonin levels in college students. Neuroendocrinology Letters, 2011, 32, 158-63.	0.2	53
34	A proposed 24 h lighting scheme for older adults. Lighting Research and Technology, 2008, 40, 153-160.	1.2	52
35	Measurements of Light at Night (LAN) for a Sample of Female School Teachers. Chronobiology International, 2011, 28, 673-680.	0.9	51
36	Light, sleep and circadian rhythms in older adults with Alzheimer's disease and related dementias. Neurodegenerative Disease Management, 2017, 7, 119-145.	1.2	51

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37	Of Mice and Women: Light as a Circadian Stimulus in Breast Cancer Research. Cancer Causes and Control, 2006, 17, 375-383.	0.8	49
38	Field Measurements of Light Exposures and Circadian Disruption in Two Populations of Older Adults. Journal of Alzheimer's Disease, 2012, 31, 711-715.	1.2	47
39	Effect of exposure duration and light spectra on nighttime melatonin suppression in adolescents and adults. Lighting Research and Technology, 2019, 51, 530-543.	1.2	47
40	Measuring circadian light and its impact on adolescents. Lighting Research and Technology, 2011, 43, 201-215.	1.2	46
41	EVENING DAYLIGHT MAY CAUSE ADOLESCENTS TO SLEEP LESS IN SPRING THAN IN WINTER. Chronobiology International, 2010, 27, 1242-1258.	0.9	45
42	The effects of chronotype, sleep schedule and light/dark pattern exposures on circadian phase. Sleep Medicine, 2014, 15, 1554-1564.	0.8	44
43	Human melatonin suppression by light: a case for scotopic efficiency. Neuroscience Letters, 2001, 299, 45-48.	1.0	43
44	Controlling lightâ€“dark exposure patterns rather than sleep schedules determines circadian phase. Sleep Medicine, 2013, 14, 456-461.	0.8	42
45	Nocturnal Melatonin Suppression by Adolescents and Adults for Different Levels, Spectra, and Durations of Light Exposure. Journal of Biological Rhythms, 2019, 34, 178-194.	1.4	42
46	Ecological measurements of light exposure, activity and circadian disruption. Lighting Research and Technology, 2010, 42, 271-284.	1.2	41
47	Lighting and perceptual cues: Effects on gait measures of older adults at high and low risk for falls. BMC Geriatrics, 2011, 11, 49.	1.1	40
48	Measuring and predicting eyelid spectral transmittance. Journal of Biomedical Optics, 2011, 16, 067011.	1.4	40
49	At-Sea Trial of 24-h-Based Submarine Watchstanding Schedules with High and Low Correlated Color Temperature Light Sources. Journal of Biological Rhythms, 2015, 30, 144-154.	1.4	40
50	Does the iPad Night Shift mode reduce melatonin suppression?. Lighting Research and Technology, 2019, 51, 373-383.	1.2	40
51	Does architectural lighting contribute to breast cancer?. Journal of Carcinogenesis, 2006, 5, 20.	2.5	39
52	Modeling Circadian Phototransduction: Quantitative Predictions of Psychophysical Data. Frontiers in Neuroscience, 2021, 15, 615322.	1.4	39
53	Feasibility of a stepped wedge cluster RCT and concurrent observational sub-study to evaluate the effects of modified ward night lighting on inpatient fall rates and sleep quality: a protocol for a pilot trial. Pilot and Feasibility Studies, 2016, 2, 1.	0.5	38
54	An Overview of the Effects of Light on Human Circadian Rhythms: Implications for New Light Sources and Lighting Systems Design. Journal of Light and Visual Environment, 2013, 37, 51-61.	0.2	37

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55	Disruption of Circadian Rhythms by Light During Day and Night. Current Sleep Medicine Reports, 2017, 3, 76-84.	0.7	37
56	Preliminary evidence that light through the eyelids can suppress melatonin and phase shift dim light melatonin onset. BMC Research Notes, 2012, 5, 221.	0.6	35
57	Lack of short-wavelength light during the school day delays dim light melatonin onset (DLMO) in middle school students. Neuroendocrinology Letters, 2010, 31, 92-6.	0.2	35
58	Short-Wavelength Light Enhances Cortisol Awakening Response in Sleep-Restricted Adolescents. International Journal of Endocrinology, 2012, 2012, 1-7.	0.6	33
59	A train of blue light pulses delivered through closed eyelids suppresses melatonin and phase shifts the human circadian system. Nature and Science of Sleep, 2013, 5, 133.	1.4	32
60	Research Note: A self-luminous light table for persons with Alzheimerâ€™s disease. Lighting Research and Technology, 2016, 48, 253-259.	1.2	31
61	Delayed sleep phase disorder: clinical perspective with a focus on light therapy. Nature and Science of Sleep, 2016, 8, 91.	1.4	30
62	Circadian Health and Light: A Report on the National Heart, Lung, and Blood Instituteâ€™s Workshop. Journal of Biological Rhythms, 2018, 33, 451-457.	1.4	29
63	On light as an alerting stimulus at night. Acta Neurobiologiae Experimentalis, 2007, 67, 171-8.	0.4	29
64	Implications of controlled short-wavelength light exposure for sleep in older adults. BMC Research Notes, 2011, 4, 334.	0.6	28
65	Glucose tolerance in mice exposed to lightâ€“dark stimulus patterns mirroring dayshift and rotating shift schedules. Scientific Reports, 2017, 7, 40661.	1.6	28
66	Light Modulates Leptin and Ghrelin in Sleep-Restricted Adults. International Journal of Endocrinology, 2012, 2012, 1-6.	0.6	27
67	Long-Term, All-Day Exposure to Circadian-Effective Light Improves Sleep, Mood, and Behavior in Persons with Dementia. Journal of Alzheimer's Disease Reports, 2020, 4, 297-312.	1.2	26
68	A novel night lighting system for postural control and stability in seniors. Lighting Research and Technology, 2008, 40, 111-126.	1.2	25
69	Effect of White Light Devoid of â€œCyanâ€•Spectrum Radiation on Nighttime Melatonin Suppression Over a 1-h Exposure Duration. Journal of Biological Rhythms, 2019, 34, 195-204.	1.4	25
70	Light, entrainment and alertness: A case study in offices. Lighting Research and Technology, 2020, 52, 736-750.	1.2	25
71	Daylight exposure has a positive carryover effect on nighttime performance and subjective sleepiness. Lighting Research and Technology, 2014, 46, 506-519.	1.2	24
72	Effects of red light on sleep inertia . Nature and Science of Sleep, 2019, Volume 11, 45-57.	1.4	24

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73	Modeling Circadian Phototransduction: Retinal Neurophysiology and Neuroanatomy. Frontiers in Neuroscience, 2020, 14, 615305.	1.4	24
74	Temporal dynamics of EEG activity during short- and long-wavelength light exposures in the early morning. BMC Research Notes, 2014, 7, 113.	0.6	23
75	Individually tailored light intervention through closed eyelids to promote circadian alignment and sleep health. Sleep Health, 2015, 1, 75-82.	1.3	22
76	Additivity in Murine Circadian Phototransduction. Zoological Science, 2005, 22, 223-227.	0.3	21
77	Lighting for improving balance in older adults with and without risk for falls. Age and Ageing, 2012, 41, 392-395.	0.7	21
78	Quantifying light-dependent circadian disruption in humans and animal models. Chronobiology International, 2014, 31, 1239-1246.	0.9	21
79	Preliminary evidence for a change in spectral sensitivity of the circadian system at night. Journal of Circadian Rhythms, 2014, 3, 14.	2.9	21
80	Programmed environmental illumination during autologous stem cell transplantation hospitalization for the treatment of multiple myeloma reduces severity of depression: A preliminary randomized controlled trial. Cancer Medicine, 2018, 7, 4345-4353.	1.3	21
81	Pulsing blue light through closed eyelids: effects on acute melatonin suppression and phase shifting of dim light melatonin onset. Nature and Science of Sleep, 2014, 6, 149.	1.4	20
82	Light as Therapy for Sleep Disorders and Depression in Older Adults. Clinical Geriatrics, 2008, 16, 25-31.	0.0	19
83	Sleep opportunities and periodic light exposures: Impact on biomarkers, performance and sleepiness. Lighting Research and Technology, 2011, 43, 349-369.	1.2	18
84	Predictions of melatonin suppression during the early biological night and their implications for residential light exposures prior to sleeping. Scientific Reports, 2020, 10, 14114.	1.6	18
85	Access to Daylight at Home Improves Circadian Alignment, Sleep, and Mental Health in Healthy Adults: A Crossover Study. International Journal of Environmental Research and Public Health, 2021, 18, 9980.	1.2	18
86	Demonstration of additivity failure in human circadian phototransduction. Neuroendocrinology Letters, 2005, 26, 493-8.	0.2	18
87	Red light: A novel, non-pharmacological intervention to promote alertness in shift workers. Journal of Safety Research, 2020, 74, 169-177.	1.7	17
88	Lightâ€Dark Patterns Mirroring Shift Work Accelerate Atherosclerosis and Promote Vulnerable Lesion Phenotypes. Journal of the American Heart Association, 2021, 10, e018151.	1.6	15
89	Circadian Disruption: comparing humans with mice. Chronobiology International, 2013, 30, 1066-1071.	0.9	14
90	The impact of watching television on evening melatonin levels. Journal of the Society for Information Display, 2013, 21, 417-421.	0.8	14

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91	On Melatonin Suppression from Polychromatic and Narrowband Light. Chronobiology International, 2008, 25, 653-656.	0.9	13
92	A Personal Light-Treatment Device for Improving Sleep Quality in the Elderly: Dynamics of Nocturnal Melatonin Suppression at Two Exposure Levels. Chronobiology International, 2009, 26, 726-739.	0.9	13
93	Rest-Activity and Light Exposure Patterns in the Home Setting: A Methodological Case Study. American Journal of Alzheimer's Disease and Other Dementias, 2010, 25, 353-361.	0.9	13
94	Circadian system modeling and phase control. , 2010, , .		13
95	The effectiveness of light-emitting diode lighting for providing circadian stimulus in office spaces while minimizing energy use. Lighting Research and Technology, 2020, 52, 167-188.	1.2	12
96	Developing Architectural Lighting Designs to Improve Sleep in Older Adults. The Open Sleep Journal, 2008, 1, 40-51.	0.4	12
97	The NICU Lighted Environment. Newborn and Infant Nursing Reviews, 2016, 16, 195-202.	0.4	11
98	Relationship of Morning Cortisol to Circadian Phase and Rising Time in Young Adults with Delayed Sleep Times. International Journal of Endocrinology, 2012, 2012, 1-6.	0.6	10
99	Daily activity and light exposure levels for five species of lemurs at the duke lemur center. American Journal of Physical Anthropology, 2014, 153, 68-77.	2.1	10
100	Relative light sensitivities of four retinal hemi-fields for suppressing the synthesis of melatonin at night. Neurobiology of Sleep and Circadian Rhythms, 2021, 10, 100066.	1.4	9
101	Advanced sleep schedules affect circadian gene expression in young adults with delayed sleep schedules. Sleep Medicine, 2013, 14, 449-455.	0.8	8
102	Robust lightâ€“dark patterns and reduced amyloid load in an Alzheimerâ€™s disease transgenic mouse model. Scientific Reports, 2020, 10, 11436.	1.6	8
103	Intermittent Light Exposures in Humans: A Case for Dual Entrainment in the Treatment of Alzheimer's Disease. Frontiers in Neurology, 2021, 12, 625698.	1.1	8
104	WHAT IS "HEALTHY LIGHTING?". International Journal of High Speed Electronics and Systems, 2011, 20, 321-342.	0.3	6
105	The sleep maths: A strong correlation between more daytime light and better night-time sleep. Lighting Research and Technology, 2021, 53, 423-435.	1.2	5
106	Spatial sensitivity of human circadian response: Melatonin suppression from on-axis and off-axis light exposures. Neurobiology of Sleep and Circadian Rhythms, 2021, 11, 100071.	1.4	5
107	A 24-hour lighting scheme to promote alertness and circadian entrainment in railroad dispatchers on rotating shifts: A field study. Lighting Research and Technology, 2022, 54, 441-457.	1.2	5
108	Impact of Circadian Rhythms on the Development and Clinical Management of Genitourinary Cancers. Frontiers in Oncology, 2022, 12, 759153.	1.3	5

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109	Lessons from the DaysimeterÂ®: can circadian disruption in individuals with Alzheimerâ€™s disease be measured?. Neurodegenerative Disease Management, 2012, 2, 553-556.	1.2	4
110	Flickering Red-Light Stimulus for Promoting Coherent 40â€ŠHz Neural Oscillation: A Feasibility Study. Journal of Alzheimer's Disease, 2020, 75, 911-921.	1.2	4
111	Lighting and Alzheimerâ€™s disease and related dementias: Spotlight on sleep and depression. Lighting Research and Technology, 2021, 53, 405-422.	1.2	4
112	22â€‘1: Invited Paper: Biological Effects of Light: Can Selfâ€luminous Displays Play a Role?. Digest of Technical Papers SID International Symposium, 2017, 48, 302-305.	0.1	3
113	Biological Effects of Light: Can Self-Luminous Displays Play a Role?. Information Display, 2018, 34, 6-20.	0.1	3
114	Impact of an Individually Tailored Light Mask on Sleep Parameters in Older Adults With Advanced Phase Sleep Disorder. Behavioral Sleep Medicine, 2020, 18, 226-240.	1.1	3
115	Lighting as a Circadian Rhythm-Entraining and Alertness-Enhancing Stimulus in the Submarine Environment. SSRN Electronic Journal, 0, , .	0.4	3
116	Sustainable Lighting for Healthcare Facilities: More Than Just Lumens Per Watt. Journal of Green Building, 2008, 3, 74-89.	0.4	3
117	31.1: Invited Paper: The Impact of Selfâ€luminous Electronic Devices on Melatonin Suppression. Digest of Technical Papers SID International Symposium, 2011, 42, 408-411.	0.1	2
118	Future Directions for Lighting Environments. , 2020, , 221-240.		2
119	Reply to: Window Illumination Should be Expected to Poorly Correlate With Satellite Brightness Measurements. Chronobiology International, 2012, 29, 88-90.	0.9	1
120	47.3: The Impact of Watching Television on Evening Melatonin Levels. Digest of Technical Papers SID International Symposium, 2013, 44, 656-659.	0.1	1
121	Non-visual effects of light: implications for design. , 2010, , .		0
122	Non-visual effects of colored light. , 0, , 619-638.		0
123	Non-visual Effects of Light: Implications for Design. , 2010, , .		0
124	Nonvisual Lighting Effects and Their Impact on Health and Well-Being. , 2020, , 1-11.		0
125	Using Light to Manage Sleep-Wake Issues in Patients With Dementia. Federal Practitioner: for the Health Care Professionals of the VA, DoD, and PHS, 2015, 32, 42-45.	0.6	0