

# Mariana G Figueiro

## List of Publications by Citations

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123  
papers

4,897  
citations

37  
h-index

67  
g-index

127  
ext. papers

5,823  
ext. citations

2.9  
avg, IF

6.16  
L-index

#	Paper	IF	Citations
123	Measuring and using light in the melanopsin age. <i>Trends in Neurosciences</i> , <b>2014</b> , 37, 1-9	13.3	651
122	Light level and duration of exposure determine the impact of self-luminous tablets on melatonin suppression. <i>Applied Ergonomics</i> , <b>2013</b> , 44, 237-40	4.2	263
121	A model of phototransduction by the human circadian system. <i>Brain Research Reviews</i> , <b>2005</b> , 50, 213-28		247
120	Modelling the spectral sensitivity of the human circadian system. <i>Lighting Research and Technology</i> , <b>2012</b> , 44, 386-396	2	176
119	Circadian light. <i>Journal of Circadian Rhythms</i> , <b>2010</b> , 8, 2	2.5	169
118	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. <i>Science of the Total Environment</i> , <b>2017</b> , 607-608, 1073-1084	10.2	148
117	The impact of daytime light exposures on sleep and mood in office workers. <i>Sleep Health</i> , <b>2017</b> , 3, 204-215		131
116	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. <i>Clinical Interventions in Aging</i> , <b>2014</b> , 9, 1527-37	4	127
115	Comparisons of three practical field devices used to measure personal light exposures and activity levels. <i>Lighting Research and Technology</i> , <b>2013</b> , 45, 421-434	2	97
114	Circadian photobiology: an emerging framework for lighting practice and research. <i>Lighting Research and Technology</i> , <b>2002</b> , 34, 177-187	2	97
113	Light as a circadian stimulus for architectural lighting. <i>Lighting Research and Technology</i> , <b>2018</b> , 50, 497-510		96
112	Alerting effects of short-wavelength (blue) and long-wavelength (red) lights in the afternoon. <i>Physiology and Behavior</i> , <b>2013</b> , 116-117, 1-7	3.5	94
111	Preliminary evidence that both blue and red light can induce alertness at night. <i>BMC Neuroscience</i> , <b>2009</b> , 10, 105	3.2	92
110	Light therapy and Alzheimer's disease and related dementia: past, present, and future. <i>Journal of Alzheimer's Disease</i> , <b>2013</b> , 33, 913-22	4.3	79
109	A new approach to understanding the impact of circadian disruption on human health. <i>Journal of Circadian Rhythms</i> , <b>2008</b> , 6, 7	2.5	75
108	The effects of red and blue lights on circadian variations in cortisol, alpha amylase, and melatonin. <i>International Journal of Endocrinology</i> , <b>2010</b> , 2010, 829351	2.7	75
107	Non-visual effects of light: how to use light to promote circadian entrainment and elicit alertness. <i>Lighting Research and Technology</i> , <b>2018</b> , 50, 38-62	2	68

106	Office lighting and personal light exposures in two seasons: Impact on sleep and mood. <i>Lighting Research and Technology</i> , <b>2016</b> , 48, 352-364	2	66
105	Daytime light exposure: effects on biomarkers, measures of alertness, and performance. <i>Behavioural Brain Research</i> , <b>2014</b> , 274, 176-85	3.4	65
104	Preliminary evidence for spectral opponency in the suppression of melatonin by light in humans. <i>NeuroReport</i> , <b>2004</b> , 15, 313-6	1.7	65
103	Tailored Lighting Intervention for Persons with Dementia and Caregivers Living at Home. <i>Sleep Health</i> , <b>2015</b> , 1, 322-330	4	54
102	Circadian effectiveness of two polychromatic lights in suppressing human nocturnal melatonin. <i>Neuroscience Letters</i> , <b>2006</b> , 406, 293-7	3.3	53
101	Light at Night and Measures of Alertness and Performance: Implications for Shift Workers. <i>Biological Research for Nursing</i> , <b>2016</b> , 18, 90-100	2.6	52
100	Retinal mechanisms determine the subadditive response to polychromatic light by the human circadian system. <i>Neuroscience Letters</i> , <b>2008</b> , 438, 242-5	3.3	51
99	Effects of an advanced sleep schedule and morning short wavelength light exposure on circadian phase in young adults with late sleep schedules. <i>Sleep Medicine</i> , <b>2011</b> , 12, 685-92	4.6	50
98	The impact of light from computer monitors on melatonin levels in college students. <i>Neuroendocrinology Letters</i> , <b>2011</b> , 32, 158-63	0.3	50
97	Shift Work, Chronotype, and Melatonin Rhythm in Nurses. <i>Cancer Epidemiology Biomarkers and Prevention</i> , <b>2019</b> , 28, 1177-1186	4	48
96	Circadian-effective light and its impact on alertness in office workers. <i>Lighting Research and Technology</i> , <b>2019</b> , 51, 171-183	2	48
95	Measuring Light at Night and Melatonin Levels in Shift Workers: A Review of the Literature. <i>Biological Research for Nursing</i> , <b>2017</b> , 19, 365-374	2.6	47
94	The effects of red and blue light on alertness and mood at night. <i>Lighting Research and Technology</i> , <b>2010</b> , 42, 449-458	2	47
93	Phototransduction for human melatonin suppression. <i>Journal of Pineal Research</i> , <b>2002</b> , 32, 209-13	10.4	45
92	Of mice and women: light as a circadian stimulus in breast cancer research. <i>Cancer Causes and Control</i> , <b>2006</b> , 17, 375-83	2.8	43
91	Effects of a Tailored Lighting Intervention on Sleep Quality, Rest-Activity, Mood, and Behavior in Older Adults With Alzheimer Disease and Related Dementias: A Randomized Clinical Trial. <i>Journal of Clinical Sleep Medicine</i> , <b>2019</b> , 15, 1757-1767	3.1	43
90	Measurements of light at night (LAN) for a sample of female school teachers. <i>Chronobiology International</i> , <b>2011</b> , 28, 673-80	3.6	40
89	A proposed 24 h lighting scheme for older adults. <i>Lighting Research and Technology</i> , <b>2008</b> , 40, 153-160	2	40

88	Field measurements of light exposures and circadian disruption in two populations of older adults. <i>Journal of Alzheimer's Disease</i> , <b>2012</b> , 31, 711-5	4.3	38
87	Evening daylight may cause adolescents to sleep less in spring than in winter. <i>Chronobiology International</i> , <b>2010</b> , 27, 1242-58	3.6	38
86	Human melatonin suppression by light: a case for scotopic efficiency. <i>Neuroscience Letters</i> , <b>2001</b> , 299, 45-8	3.3	37
85	Analysis of circadian stimulus allowed by daylighting in hospital rooms. <i>Lighting Research and Technology</i> , <b>2017</b> , 49, 49-61	2	36
84	Ecological measurements of light exposure, activity, and circadian disruption. <i>Lighting Research and Technology</i> , <b>2010</b> , 42, 271-284	2	35
83	Lighting and perceptual cues: effects on gait measures of older adults at high and low risk for falls. <i>BMC Geriatrics</i> , <b>2011</b> , 11, 49	4.1	33
82	Lack of short-wavelength light during the school day delays dim light melatonin onset (DLMO) in middle school students. <i>Neuroendocrinology Letters</i> , <b>2010</b> , 31, 92-6	0.3	33
81	Light, sleep and circadian rhythms in older adults with Alzheimer's disease and related dementias. <i>Neurodegenerative Disease Management</i> , <b>2017</b> , 7, 119-145	2.8	32
80	The effects of chronotype, sleep schedule and light/dark pattern exposures on circadian phase. <i>Sleep Medicine</i> , <b>2014</b> , 15, 1554-64	4.6	32
79	Measuring and predicting eyelid spectral transmittance. <i>Journal of Biomedical Optics</i> , <b>2011</b> , 16, 067011	3.5	32
78	Effect of exposure duration and light spectra on nighttime melatonin suppression in adolescents and adults. <i>Lighting Research and Technology</i> , <b>2019</b> , 51, 530-543	2	32
77	Controlling light-dark exposure patterns rather than sleep schedules determines circadian phase. <i>Sleep Medicine</i> , <b>2013</b> , 14, 456-61	4.6	31
76	Measuring circadian light and its impact on adolescents. <i>Lighting Research and Technology</i> , <b>2011</b> , 43, 2012-15		31
75	Preliminary evidence that light through the eyelids can suppress melatonin and phase shift dim light melatonin onset. <i>BMC Research Notes</i> , <b>2012</b> , 5, 221	2.3	29
74	A train of blue light pulses delivered through closed eyelids suppresses melatonin and phase shifts the human circadian system. <i>Nature and Science of Sleep</i> , <b>2013</b> , 5, 133-41	3.6	28
73	At-sea trial of 24-h-based submarine watchstanding schedules with high and low correlated color temperature light sources. <i>Journal of Biological Rhythms</i> , <b>2015</b> , 30, 144-54	3.2	27
72	An Overview of the Effects of Light on Human Circadian Rhythms: Implications for New Light Sources and Lighting Systems Design. <i>Journal of Light and Visual Environment</i> , <b>2013</b> , 37, 51-61		27
71	Disruption of Circadian Rhythms by Light During Day and Night. <i>Current Sleep Medicine Reports</i> , <b>2017</b> , 3, 76-84	1.2	26

70	Does architectural lighting contribute to breast cancer?. <i>Journal of Carcinogenesis</i> , <b>2006</b> , 5, 20	1.9	26
69	On light as an alerting stimulus at night. <i>Acta Neurobiologiae Experimentalis</i> , <b>2007</b> , 67, 171-8	1	26
68	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. <i>Pilot and Feasibility Studies</i> , <b>2016</b> , 2, 1	1.9	24
67	Short-wavelength light enhances cortisol awakening response in sleep-restricted adolescents. <i>International Journal of Endocrinology</i> , <b>2012</b> , 2012, 301935	2.7	24
66	Does the iPad Night Shift mode reduce melatonin suppression?. <i>Lighting Research and Technology</i> , <b>2019</b> , 51, 373-383	2	24
65	Nocturnal Melatonin Suppression by Adolescents and Adults for Different Levels, Spectra, and Durations of Light Exposure. <i>Journal of Biological Rhythms</i> , <b>2019</b> , 34, 178-194	3.2	23
64	Research Note: A self-luminous light table for persons with Alzheimer's disease. <i>Lighting Research and Technology</i> , <b>2016</b> , 48, 253-259	2	22
63	Delayed sleep phase disorder: clinical perspective with a focus on light therapy. <i>Nature and Science of Sleep</i> , <b>2016</b> , 8, 91-106	3.6	22
62	Implications of controlled short-wavelength light exposure for sleep in older adults. <i>BMC Research Notes</i> , <b>2011</b> , 4, 334	2.3	21
61	Light modulates leptin and ghrelin in sleep-restricted adults. <i>International Journal of Endocrinology</i> , <b>2012</b> , 2012, 530726	2.7	21
60	Circadian Health and Light: A Report on the National Heart, Lung, and Blood Institute's Workshop. <i>Journal of Biological Rhythms</i> , <b>2018</b> , 33, 451-457	3.2	20
59	Additivity in murine circadian phototransduction. <i>Zoological Science</i> , <b>2005</b> , 22, 223-7	0.8	19
58	Glucose tolerance in mice exposed to light-dark stimulus patterns mirroring dayshift and rotating shift schedules. <i>Scientific Reports</i> , <b>2017</b> , 7, 40661	4.9	18
57	Preliminary evidence for a change in spectral sensitivity of the circadian system at night. <i>Journal of Circadian Rhythms</i> , <b>2005</b> , 3, 14	2.5	18
56	Light as Therapy for Sleep Disorders and Depression in Older Adults <b>2008</b> , 16, 25-31		18
55	Demonstration of additivity failure in human circadian phototransduction. <i>Neuroendocrinology Letters</i> , <b>2005</b> , 26, 493-8	0.3	18
54	Individually tailored light intervention through closed eyelids to promote circadian alignment and sleep health. <i>Sleep Health</i> , <b>2015</b> , 1, 75-82	4	17
53	Daylight exposure has a positive carryover effect on nighttime performance and subjective sleepiness. <i>Lighting Research and Technology</i> , <b>2014</b> , 46, 506-519	2	17

52	A novel night lighting system for postural control and stability in seniors. <i>Lighting Research and Technology</i> , <b>2008</b> , 40, 111-126	2	17
51	Temporal dynamics of EEG activity during short- and long-wavelength light exposures in the early morning. <i>BMC Research Notes</i> , <b>2014</b> , 7, 113	2.3	16
50	Pulsing blue light through closed eyelids: effects on acute melatonin suppression and phase shifting of dim light melatonin onset. <i>Nature and Science of Sleep</i> , <b>2014</b> , 6, 149-56	3.6	16
49	Effect of White Light Devoid of "Cyan" Spectrum Radiation on Nighttime Melatonin Suppression Over a 1-h Exposure Duration. <i>Journal of Biological Rhythms</i> , <b>2019</b> , 34, 195-204	3.2	15
48	Lighting for improving balance in older adults with and without risk for falls. <i>Age and Ageing</i> , <b>2012</b> , 41, 392-5	3	15
47	Effects of red light on sleep inertia. <i>Nature and Science of Sleep</i> , <b>2019</b> , 11, 45-57	3.6	14
46	Circadian Disruption: comparing humans with mice. <i>Chronobiology International</i> , <b>2013</b> , 30, 1066-71	3.6	14
45	Modeling Circadian Phototransduction: Quantitative Predictions of Psychophysical Data. <i>Frontiers in Neuroscience</i> , <b>2021</b> , 15, 615322	5.1	14
44	Sleep opportunities and periodic light exposures: Impact on biomarkers, performance and sleepiness. <i>Lighting Research and Technology</i> , <b>2011</b> , 43, 349-369	2	13
43	A personal light-treatment device for improving sleep quality in the elderly: dynamics of nocturnal melatonin suppression at two exposure levels. <i>Chronobiology International</i> , <b>2009</b> , 26, 726-39	3.6	13
42	On melatonin suppression from polychromatic and narrowband light. <i>Chronobiology International</i> , <b>2008</b> , 25, 653-6	3.6	13
41	Light, entrainment and alertness: A case study in offices. <i>Lighting Research and Technology</i> , <b>2020</b> , 52, 736-750	2	13
40	Modeling Circadian Phototransduction: Retinal Neurophysiology and Neuroanatomy. <i>Frontiers in Neuroscience</i> , <b>2020</b> , 14, 615305	5.1	13
39	Quantifying light-dependent circadian disruption in humans and animal models. <i>Chronobiology International</i> , <b>2014</b> , 31, 1239-46	3.6	12
38	Circadian system modeling and phase control <b>2010</b> ,		12
37	Long-Term, All-Day Exposure to Circadian-Effective Light Improves Sleep, Mood, and Behavior in Persons with Dementia. <i>Journal of Alzheimer's Disease Reports</i> , <b>2020</b> , 4, 297-312	3.3	11
36	Programmed environmental illumination during autologous stem cell transplantation hospitalization for the treatment of multiple myeloma reduces severity of depression: A preliminary randomized controlled trial. <i>Cancer Medicine</i> , <b>2018</b> , 7, 4345-4353	4.8	9
35	Relationship of morning cortisol to circadian phase and rising time in young adults with delayed sleep times. <i>International Journal of Endocrinology</i> , <b>2012</b> , 2012, 749460	2.7	9

34	Developing Architectural Lighting Designs to Improve Sleep in Older Adults. <i>The Open Sleep Journal</i> , <b>2008</b> , 1, 40-51		9
33	Daily activity and light exposure levels for five species of lemurs at the Duke Lemur Center. <i>American Journal of Physical Anthropology</i> , <b>2014</b> , 153, 68-77	2.5	8
32	Rest-activity and light exposure patterns in the home setting: a methodological case study. <i>American Journal of Alzheimer's Disease and Other Dementias</i> , <b>2010</b> , 25, 353-61	2.5	8
31	Predictions of melatonin suppression during the early biological night and their implications for residential light exposures prior to sleeping. <i>Scientific Reports</i> , <b>2020</b> , 10, 14114	4.9	8
30	The NICU Lighted Environment. <i>Newborn and Infant Nursing Reviews</i> , <b>2016</b> , 16, 195-202		7
29	The impact of watching television on evening melatonin levels. <i>Journal of the Society for Information Display</i> , <b>2013</b> , 21, 417-421	2.1	7
28	WHAT IS "HEALTHY LIGHTING?". <i>International Journal of High Speed Electronics and Systems</i> , <b>2011</b> , 20, 321-342	0.5	6
27	Red light: A novel, non-pharmacological intervention to promote alertness in shift workers. <i>Journal of Safety Research</i> , <b>2020</b> , 74, 169-177	4	6
26	The effectiveness of light-emitting diode lighting for providing circadian stimulus in office spaces while minimizing energy use. <i>Lighting Research and Technology</i> , <b>2020</b> , 52, 167-188	2	6
25	Intermittent Light Exposures in Humans: A Case for Dual Entrainment in the Treatment of Alzheimer's Disease. <i>Frontiers in Neurology</i> , <b>2021</b> , 12, 625698	4.1	5
24	Advanced sleep schedules affect circadian gene expression in young adults with delayed sleep schedules. <i>Sleep Medicine</i> , <b>2013</b> , 14, 449-55	4.6	4
23	Relative light sensitivities of four retinal hemi-fields for suppressing the synthesis of melatonin at night. <i>Neurobiology of Sleep and Circadian Rhythms</i> , <b>2021</b> , 10, 100066	2.9	4
22	Light-Dark Patterns Mirroring Shift Work Accelerate Atherosclerosis and Promote Vulnerable Lesion Phenotypes. <i>Journal of the American Heart Association</i> , <b>2021</b> , 10, e018151	6	4
21	Access to Daylight at Home Improves Circadian Alignment, Sleep, and Mental Health in Healthy Adults: A Crossover Study. <i>International Journal of Environmental Research and Public Health</i> , <b>2021</b> , 18,	4.6	4
20	22-1: Invited Paper: Biological Effects of Light: Can Self-luminous Displays Play a Role?. <i>Digest of Technical Papers SID International Symposium</i> , <b>2017</b> , 48, 302-305	0.5	3
19	Lessons from the Daysimeter : can circadian disruption in individuals with Alzheimer's disease be measured?. <i>Neurodegenerative Disease Management</i> , <b>2012</b> , 2, 553-556	2.8	3
18	Robust light-dark patterns and reduced amyloid load in an Alzheimer's disease transgenic mouse model. <i>Scientific Reports</i> , <b>2020</b> , 10, 11436	4.9	3
17	Biological Effects of Light: Can Self-Luminous Displays Play a Role?. <i>Information Display</i> , <b>2018</b> , 34, 6-20	0.8	3



16	Flickering Red-Light Stimulus for Promoting Coherent 40 Hz Neural Oscillation: A Feasibility Study. <i>Journal of Alzheimer's Disease</i> , <b>2020</b> , 75, 911-921	4.3	2
15	31.1: Invited Paper: The Impact of Self-luminous Electronic Devices on Melatonin Suppression. <i>Digest of Technical Papers SID International Symposium</i> , <b>2011</b> , 42, 408-411	0.5	2
14	Sustainable Lighting for Healthcare Facilities: More Than Just Lumens Per Watt. <i>Journal of Green Building</i> , <b>2008</b> , 3, 74-89	1.3	2
13	Impact of an Individually Tailored Light Mask on Sleep Parameters in Older Adults With Advanced Phase Sleep Disorder. <i>Behavioral Sleep Medicine</i> , <b>2020</b> , 18, 226-240	4.2	2
12	Reply to: Window Illumination Should be Expected to Poorly Correlate With Satellite Brightness Measurements. <i>Chronobiology International</i> , <b>2012</b> , 29, 88-90	3.6	1
11	Lighting as a Circadian Rhythm-Entraining and Alertness-Enhancing Stimulus in the Submarine Environment. <i>SSRN Electronic Journal</i> ,	1	1
10	Future Directions for Lighting Environments <b>2020</b> , 221-240		1
9	The sleep maths: A strong correlation between more daytime light and better night-time sleep. <i>Lighting Research and Technology</i> , <b>2021</b> , 53, 423-435	2	1
8	Spatial sensitivity of human circadian response: Melatonin suppression from on-axis and off-axis light exposures. <i>Neurobiology of Sleep and Circadian Rhythms</i> , <b>2021</b> , 11, 100071	2.9	1
7	47.3: The Impact of Watching Television on Evening Melatonin Levels. <i>Digest of Technical Papers SID International Symposium</i> , <b>2013</b> , 44, 656-659	0.5	0
6	A 24-hour lighting scheme to promote alertness and circadian entrainment in railroad dispatchers on rotating shifts: A field study. <i>Lighting Research and Technology</i> , 147715352110409	2	0
5	Lighting and Alzheimer's disease and related dementias: Spotlight on sleep and depression. <i>Lighting Research and Technology</i> , <b>2021</b> , 53, 405-422	2	0
4	Impact of Circadian Rhythms on the Development and Clinical Management of Genitourinary Cancers.. <i>Frontiers in Oncology</i> , <b>2022</b> , 12, 759153	5.3	0
3	Non-visual effects of colored light 619-638		
2	Using Light to Manage Sleep-Wake Issues in Patients With Dementia. <i>Federal Practitioner: for the Health Care Professionals of the VA, DoD, and PHS</i> , <b>2015</b> , 32, 42-45	0.7	
1	Nonvisual Lighting Effects and Their Impact on Health and Well-Being <b>2020</b> , 1-11		