

Sat Bir S Khalsa

List of Publications by Year in descending order

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Version: 2024-02-01

89
papers

5,885
citations

94381

37
h-index

76872

74
g-index

89
all docs

89
docs citations

89
times ranked

4533
citing authors

#	ARTICLE	IF	CITATIONS
1	A Phase Response Curve to Single Bright Light Pulses in Human Subjects. <i>Journal of Physiology</i> , 2003, 549, 945-952.	1.3	849
2	Exposure to Room Light before Bedtime Suppresses Melatonin Onset and Shortens Melatonin Duration in Humans. <i>Journal of Clinical Endocrinology and Metabolism</i> , 2011, 96, E463-E472.	1.8	393
3	Time course of sleep inertia dissipation in human performance and alertness. <i>Journal of Sleep Research</i> , 1999, 8, 1-8.	1.7	367
4	Effects of Yoga on Mental and Physical Health: A Short Summary of Reviews. <i>Evidence-based Complementary and Alternative Medicine</i> , 2012, 2012, 1-7.	0.5	268
5	Sex Differences in Phase Angle of Entrainment and Melatonin Amplitude in Humans. <i>Journal of Biological Rhythms</i> , 2010, 25, 288-296.	1.4	230
6	Human phase response curve to a 1 h pulse of bright white light. <i>Journal of Physiology</i> , 2012, 590, 3035-3045.	1.3	213
7	EEG and ocular correlates of circadian melatonin phase and human performance decrements during sleep loss. <i>American Journal of Physiology - Regulatory Integrative and Comparative Physiology</i> , 1999, 277, R640-R649.	0.9	201
8	Yoga as a Therapeutic Intervention: A Bibliometric Analysis of Published Research Studies from 1967 to 2013. <i>Journal of Alternative and Complementary Medicine</i> , 2015, 21, 586-592.	2.1	174
9	Benefits of Yoga for Psychosocial Well-Being in a US High School Curriculum. <i>Journal of Developmental and Behavioral Pediatrics</i> , 2012, 33, 193-201.	0.6	170
10	Evaluation of the Mental Health Benefits of Yoga in a Secondary School: A Preliminary Randomized Controlled Trial. <i>Journal of Behavioral Health Services and Research</i> , 2012, 39, 80-90.	0.6	166
11	Treatment of Chronic Insomnia with Yoga: A Preliminary Study with Sleep/Wake Diaries. <i>Applied Psychophysiology Biofeedback</i> , 2004, 29, 269-278.	1.0	160
12	Acute Effects of Bright Light Exposure on Cortisol Levels. <i>Journal of Biological Rhythms</i> , 2010, 25, 208-216.	1.4	133
13	Yoga as a therapeutic intervention: a bibliometric analysis of published research studies. <i>Indian Journal of Physiology and Pharmacology</i> , 2004, 48, 269-85.	0.4	131
14	Human phase response curve to a single 6.5h pulse of short-wavelength light. <i>Journal of Physiology</i> , 2013, 591, 353-363.	1.3	125
15	Circadian rhythms in mouse suprachiasmatic nucleus explants on multimicroelectrode plates. <i>Brain Research</i> , 1997, 757, 285-290.	1.1	121
16	The effectiveness of yoga for the improvement of well-being and resilience to stress in the workplace. <i>Scandinavian Journal of Work, Environment and Health</i> , 2011, 37, 70-76.	1.7	119
17	Yoga Ameliorates Performance Anxiety and Mood Disturbance in Young Professional Musicians. <i>Applied Psychophysiology Biofeedback</i> , 2009, 34, 279-289.	1.0	95
18	Addition of a non-photoc component to a light-based mathematical model of the human circadian pacemaker. <i>Journal of Theoretical Biology</i> , 2007, 247, 583-599.	0.8	89

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19	Biological Clocks in the Retina: Cellular Mechanisms of Biological Timekeeping. <i>International Review of Cytology</i> , 1993, 146, 83-144.	6.2	81
20	Evaluation of a Residential Kundalini Yoga Lifestyle Pilot Program for Addiction in India. <i>Journal of Ethnicity in Substance Abuse</i> , 2008, 7, 67-79.	0.6	81
21	Yoga in school settings: a research review. <i>Annals of the New York Academy of Sciences</i> , 2016, 1373, 45-55.	1.8	69
22	Stopping the circadian pacemaker with inhibitors of protein synthesis.. <i>Proceedings of the National Academy of Sciences of the United States of America</i> , 1992, 89, 10862-10866.	3.3	66
23	Evaluation of Yoga for Preventing Adolescent Substance Use Risk Factors in a Middle School Setting: A Preliminary Group-Randomized Controlled Trial. <i>Journal of Youth and Adolescence</i> , 2017, 46, 603-632.	1.9	66
24	Qualitative Evaluation of a High School Yoga Program: Feasibility and Perceived Benefits. <i>Explore: the Journal of Science and Healing</i> , 2013, 9, 171-180.	0.4	65
25	Yoga in the Real World: Perceptions, Motivators, Barriers, and Patterns of Use. <i>Global Advances in Health and Medicine</i> , 2013, 2, 44-49.	0.7	63
26	A Yoga Intervention for Posttraumatic Stress: A Preliminary Randomized Control Trial. <i>Evidence-based Complementary and Alternative Medicine</i> , 2015, 2015, 1-8.	0.5	62
27	Temporal dynamics of late-night photic stimulation of the human circadian timing system. <i>American Journal of Physiology - Regulatory Integrative and Comparative Physiology</i> , 2005, 289, R839-R844.	0.9	60
28	Circadian rhythms. <i>Brain Research Reviews</i> , 1993, 18, 315-333.	9.1	59
29	A Randomized Controlled Trial Comparing the Effects of Yoga With an Active Control on Ambulatory Blood Pressure in Individuals With Prehypertension and Stage 1 Hypertension. <i>Journal of Clinical Hypertension</i> , 2014, 16, 54-62.	1.0	58
30	Sleep- and circadian-dependent modulation of REM density. <i>Journal of Sleep Research</i> , 2002, 11, 53-59.	1.7	51
31	Enhancing yoga participation: A qualitative investigation of barriers and facilitators to yoga among predominantly racial/ethnic minority, low-income adults. <i>Complementary Therapies in Clinical Practice</i> , 2017, 29, 97-104.	0.7	50
32	Efficacy of Yoga vs Cognitive Behavioral Therapy vs Stress Education for the Treatment of Generalized Anxiety Disorder. <i>JAMA Psychiatry</i> , 2021, 78, 13.	6.0	50
33	Implementing yoga within the school curriculum: a scientific rationale for improving social-emotional learning and positive student outcomes. <i>Journal of Children's Services</i> , 2016, 11, 3-24.	0.5	47
34	Yoga in Public School Improves Adolescent Mood and Affect. <i>Contemporary School Psychology</i> , 2015, 19, 184-192.	0.9	46
35	Yoga-Enhanced Cognitive Behavioural Therapy (Y–CBT) for Anxiety Management: A Pilot Study. <i>Clinical Psychology and Psychotherapy</i> , 2015, 22, 364-371.	1.4	46
36	Respiratory, Physical, and Psychological Benefits of Breath-Focused Yoga for Adults with Severe Traumatic Brain Injury (TBI): A Brief Pilot Study Report. <i>International Journal of Yoga Therapy</i> , 2012, 22, 47-52.	0.4	46

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37	Calcium channels mediate phase shifts of theBulla circadian pacemaker. Journal of Comparative Physiology A: Neuroethology, Sensory, Neural, and Behavioral Physiology, 1988, 164, 195-206.	0.7	45
38	The Timing of the Human Circadian Clock Is Accurately Represented by the Core Body Temperature Rhythm following Phase Shifts to a Three-Cycle Light Stimulus Near the Critical Zone. Journal of Biological Rhythms, 2000, 15, 524-530.	1.4	42
39	Development of Specific Aspects of Spirituality during a 6-Month Intensive Yoga Practice. Evidence-based Complementary and Alternative Medicine, 2012, 2012, 1-7.	0.5	42
40	Effects of a Classroom-Based Yoga Intervention on Cortisol and Behavior in Second- and Third-Grade Students. Journal of Evidence-Based Complementary & Alternative Medicine, 2015, 20, 41-49.	1.5	38
41	Calcium in phase control of theBulla circadian pacemaker. Brain Research, 1990, 506, 40-45.	1.1	37
42	Kripalu Yoga for Military Veterans With PTSD: A Randomized Trial. Journal of Clinical Psychology, 2018, 74, 93-108.	1.0	33
43	Yoga for military service personnel with PTSD: A single arm study.. Psychological Trauma: Theory, Research, Practice, and Policy, 2015, 7, 555-562.	1.4	30
44	A qualitative examination of yoga for middle school adolescents. Advances in School Mental Health Promotion, 2017, 10, 195-219.	0.9	30
45	Chloride conductance contributes to period determination of a neuronal circadian pacemaker. Brain Research, 1990, 520, 166-169.	1.1	29
46	Increased Hatha yoga experience predicts lower body mass index and reduced medication use in women over 45 years. International Journal of Yoga, 2011, 4, 77.	0.4	27
47	The Role of Extracellular Calcium in Generating and in Phase-Shifting the Bulla Ocular Circadian Rhythm. Journal of Biological Rhythms, 1993, 8, 125-139.	1.4	23
48	Effects of a yoga lifestyle intervention on performance-related characteristics of musicians: a preliminary study. Medical Science Monitor, 2006, 12, CR325-31.	0.5	23
49	Yoga May Mitigate Decreases in High School Grades. Evidence-based Complementary and Alternative Medicine, 2015, 2015, 1-8.	0.5	22
50	Evaluation of the Benefits of a Kripalu Yoga Program for Police Academy Trainees: A Pilot Study. International Journal of Yoga Therapy, 2013, 23, 24-30.	0.4	22
51	Yoga reduces performance anxiety in adolescent musicians. Alternative Therapies in Health and Medicine, 2013, 19, 34-45.	0.0	21
52	Cellular Mechanisms of Entrainment. Chronobiology International, 1992, 9, 163-179.	0.9	20
53	Yoga Enhances Positive Psychological States in Young Adult Musicians. Applied Psychophysiology Biofeedback, 2016, 41, 191-202.	1.0	20
54	FMRFamide modulates the action of phase shifting agents on the ocular circadian pacemakers of Aplysia and Bulla. Journal of Comparative Physiology A: Neuroethology, Sensory, Neural, and Behavioral Physiology, 1992, 170, 211-5.	0.7	19

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55	A Yoga Intervention for Music Performance Anxiety in Conservatory Students. <i>Medical Problems of Performing Artists</i> , 2012, 27, 123-128.	0.2	19
56	Improvements in Psychological Health Following a Residential Yoga-Based Program for Frontline Professionals. <i>Journal of Occupational and Environmental Medicine</i> , 2018, 60, 357-367.	0.9	18
57	Systematic Review of Randomized Controlled Trials Testing the Effects of Yoga with Youth. <i>Mindfulness</i> , 2020, 11, 1336-1353.	1.6	16
58	Yoga for generalized anxiety disorder: design of a randomized controlled clinical trial. <i>Contemporary Clinical Trials</i> , 2015, 44, 70-76.	0.8	15
59	Improvements in Psychological and Occupational Well-Being in a Pragmatic Controlled Trial of a Yoga-Based Program for Professionals. <i>Journal of Alternative and Complementary Medicine</i> , 2019, 25, 593-605.	2.1	15
60	Yoga experience as a predictor of psychological wellness in women over 45 years. <i>International Journal of Yoga</i> , 2013, 6, 11.	0.4	13
61	School-based Yoga Programs in the United States: A Survey. <i>Advances in Mind-Body Medicine</i> , 2015, 29, 18-26.	0.3	13
62	Chapter 7 Circadian rhythm generation, expression and entrainment in a molluscan model system. <i>Progress in Brain Research</i> , 1996, 111, 93-102.	0.9	12
63	Phase shifting of the circadian rhythm in the eye of <i>Bulla</i> by inhibition of chloride conductance. <i>Neuroscience Letters</i> , 1992, 146, 219-222.	1.0	11
64	A Yoga-Based Program Decreases Physician Burnout in Neonatologists and Obstetricians at an Academic Medical Center. <i>Workplace Health and Safety</i> , 2020, 68, 560-566.	0.7	11
65	Cyclic nucleotides and circadian rhythm generation in <i>Bulla gouldiana</i> . <i>Comparative Biochemistry and Physiology A, Comparative Physiology</i> , 1992, 101, 813-817.	0.7	10
66	Yoga as a Therapeutic Intervention. <i>Evidence-based Complementary and Alternative Medicine</i> , 2012, 2012, 1-1.	0.5	10
67	Kundalini Yoga for Generalized Anxiety Disorder: An Exploration of Treatment Efficacy and Possible Mechanisms. <i>International Journal of Yoga Therapy</i> , 2018, 28, 97-105.	0.4	10
68	Phase-shifts of the ocular circadian pacemaker in the presence of calmodulin antagonists. <i>Life Sciences</i> , 1988, 43, 1551-1556.	2.0	9
69	Improvements in Psychological and Occupational Well-being Following a Brief Yoga-Based Program for Education Professionals. <i>Global Advances in Health and Medicine</i> , 2019, 8, 216495611985685.	0.7	9
70	A Pragmatic Controlled Trial of a Brief Yoga and Mindfulness-Based Program for Psychological and Occupational Health in Education Professionals. <i>Complementary Therapies in Medicine</i> , 2020, 52, 102470.	1.3	9
71	A sleep hygiene and yoga intervention conducted in affordable housing communities: Pilot study results and lessons for a future trial. <i>Complementary Therapies in Clinical Practice</i> , 2020, 39, 101121.	0.7	9
72	Perceived Benefits of Kripalu Yoga Classes in Diverse and Underserved Populations. <i>International Journal of Yoga Therapy</i> , 2008, 18, 65-71.	0.4	9

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73	A yoga intervention for music performance anxiety in conservatory students. <i>Medical Problems of Performing Artists</i> , 2012, 27, 123-8.	0.2	9
74	Evaluation of a Yoga-Based Mind-Body Intervention for Resident Physicians: A Randomized Clinical Trial. <i>Global Advances in Health and Medicine</i> , 2021, 10, 216495612110010.	0.7	8
75	A Non-randomized Trial of Kundalini Yoga for Emotion Regulation within an After-school Program for Adolescents. <i>Journal of Child and Family Studies</i> , 2021, 30, 711-722.	0.7	8
76	The Effects of Lithium on a Neuronal in Vitro Circadian Pacemaker. <i>Chronobiology International</i> , 1993, 10, 321-330.	0.9	7
77	Initial Evaluation of the LifeForce Yoga Program as a Therapeutic Intervention for Depression. <i>International Journal of Yoga Therapy</i> , 2008, 18, 49-57.	0.4	7
78	Evaluation of the benefits of a kripalu yoga program for police academy trainees: a pilot study. <i>International Journal of Yoga Therapy</i> , 2013, 23, 24-30.	0.4	7
79	Treatment of chronic primary sleep onset insomnia with Kundalini yoga: a randomized controlled trial with active sleep hygiene comparison. <i>Journal of Clinical Sleep Medicine</i> , 2021, 17, 1841-1852.	1.4	6
80	A systematic review of in vivo stretching regimens on inflammation and its relevance to translational yoga research. <i>PLoS ONE</i> , 2022, 17, e0269300.	1.1	6
81	Phase-shifting of a neuronal circadian pacemaker in <i>Bulla gouldiana</i> by pentylenetetrazol. <i>Comparative Biochemistry and Physiology Part C: Comparative Pharmacology</i> , 1992, 101, 557-560.	0.2	4
82	The Role of Extracellular Sodium in the Mechanism of A Neuronal in Vitro Circadian Pacemaker. <i>Chronobiology International</i> , 1997, 14, 1-8.	0.9	4
83	Long-Term Improvements in Psychological Health Following a Yoga-Based Program for Professionals. <i>Journal of Alternative and Complementary Medicine</i> , 2020, 26, 154-157.	2.1	3
84	Impact of preference for yoga or cognitive behavioral therapy in patients with generalized anxiety disorder on treatment outcomes and engagement. <i>Journal of Psychiatric Research</i> , 2022, 153, 109-115.	1.5	2
85	The anesthetic agents pentobarbital and chloralose block phase shifts of a neuronal in vitro circadian pacemaker. <i>Neuroscience Letters</i> , 1995, 187, 41-44.	1.0	1
86	A 3-Day residential yoga-based program improves education professionals' psychological and occupational health in a single arm trial. <i>Explore: the Journal of Science and Healing</i> , 2020, 17, 513-520.	0.4	1
87	Bridging Yoga Therapy and Scientific Research. <i>International Journal of Yoga Therapy</i> , 2012, 22, 5-6.	0.4	1
88	Author Response to manuscript: "Religious Behavior, Sleep Quantity, Sleep Quality, and Sleep Disorders in American Adults". <i>Journal of Behavioral Health Services and Research</i> , 2013, 40, 135-135.	0.6	0
89	A Perennial Debate. <i>International Journal of Yoga Therapy</i> , 2006, 16, 5-6.	0.4	0