

Jason G Ellis

List of Publications by Year in descending order

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Version: 2024-02-01

105
papers

4,807
citations

172457

29
h-index

106344

65
g-index

109
all docs

109
docs citations

109
times ranked

5828
citing authors

#	ARTICLE	IF	CITATIONS
1	European guideline for the diagnosis and treatment of insomnia. <i>Journal of Sleep Research</i> , 2017, 26, 675-700.	3.2	1,334
2	Dealing with sleep problems during home confinement due to the COVID-19 outbreak: Practical recommendations from a task force of the European CBT Academy. <i>Journal of Sleep Research</i> , 2020, 29, e13052.	3.2	688
3	Effect of tart cherry juice (<i>Prunus cerasus</i>) on melatonin levels and enhanced sleep quality. <i>European Journal of Nutrition</i> , 2012, 51, 909-916.	3.9	165
4	Acute insomnia: Current conceptualizations and future directions. <i>Sleep Medicine Reviews</i> , 2012, 16, 5-14.	8.5	130
5	The cortisol awakening response – Applications and implications for sleep medicine. <i>Sleep Medicine Reviews</i> , 2014, 18, 215-224.	8.5	128
6	The natural history of insomnia: Focus on prevalence and incidence of acute insomnia. <i>Journal of Psychiatric Research</i> , 2012, 46, 1278-1285.	3.1	127
7	Age-related change in the association between a polymorphism in the PER3 gene and preferred timing of sleep and waking activities. <i>Journal of Sleep Research</i> , 2007, 16, 12-16.	3.2	117
8	Group vs. Individual Treatment for Acute Insomnia: A Pilot Study Evaluating a “One-Shot” Treatment Strategy. <i>Brain Sciences</i> , 2017, 7, 1.	2.3	109
9	Conscientiousness is a Predictor of Diurnal Preference. <i>Chronobiology International</i> , 2007, 24, 1249-1254.	2.0	87
10	Sleep and Nutrition Interactions: Implications for Athletes. <i>Nutrients</i> , 2019, 11, 822.	4.1	86
11	Locus of control fails to mediate between stress and anxiety and depression in parents of children with a developmental disorder. <i>Autism</i> , 2007, 11, 489-501.	4.1	83
12	Treating Acute Insomnia: A Randomized Controlled Trial of a “Single-Shot” of Cognitive Behavioral Therapy for Insomnia. <i>Sleep</i> , 2015, 38, 971-8.	1.1	79
13	Time to wake-up: Sleep problems and daytime sleepiness in long-term stroke survivors. <i>Brain Injury</i> , 2008, 22, 575-579.	1.2	74
14	Impact of the novel coronavirus (COVID-19) pandemic on sleep. <i>Journal of Thoracic Disease</i> , 2020, 12, S163-S175.	1.4	71
15	The key role of insomnia and sleep loss in the dysregulation of multiple systems involved in mood disorders: A proposed model. <i>Journal of Sleep Research</i> , 2019, 28, e12841.	3.2	70
16	The Natural History of Insomnia: Acute Insomnia and First-onset Depression. <i>Sleep</i> , 2014, 37, 97-106.	1.1	59
17	The Natural History of Insomnia: the incidence of acute insomnia and subsequent progression to chronic insomnia or recovery in good sleeper subjects. <i>Sleep</i> , 2020, 43, .	1.1	55
18	A systematic review and meta-analysis of poor sleep, insomnia symptoms and stress in undergraduate students. <i>Sleep Medicine Reviews</i> , 2022, 61, 101565.	8.5	54

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19	Effect of Kava and Valerian on human physiological and psychological responses to mental stress assessed under laboratory conditions. <i>Phytotherapy Research</i> , 2002, 16, 23-27.	5.8	53
20	Long Sleep Duration and Social Jetlag Are Associated Inversely with a Healthy Dietary Pattern in Adults: Results from the UK National Diet and Nutrition Survey Rolling Programme Y1â€“4. <i>Nutrients</i> , 2018, 10, 1131.	4.1	51
21	Simple snoring: Not quite so simple after all?. <i>Sleep Medicine Reviews</i> , 2014, 18, 453-462.	8.5	50
22	The natural history of insomnia: predisposing, precipitating, coping, and perpetuating factors over the early developmental course of insomnia. <i>Sleep</i> , 2021, 44, .	1.1	44
23	Association between Specific Diurnal Preference Questionnaire Items andPER3VNTR Genotype. <i>Chronobiology International</i> , 2009, 26, 464-473.	2.0	43
24	Multiscale adaptive analysis of circadian rhythms and intradaily variability: Application to actigraphy time series in acute insomnia subjects. <i>PLoS ONE</i> , 2017, 12, e0181762.	2.5	43
25	An evaluation of the efficacy of the exercise on referral schemeÂin Northumberland, UK: association with physical activity and predictors of engagement. A naturalistic observation study. <i>BMJ Open</i> , 2013, 3, e002849.	1.9	40
26	Managing Acute Insomnia in Prison: Evaluation of a â€œOne-Shotâ€•Cognitive Behavioral Therapy for Insomnia (CBT-I) Intervention. <i>Behavioral Sleep Medicine</i> , 2019, 17, 827-836.	2.1	39
27	An examination of thought control strategies employed by acute and chronic insomniacs. <i>Sleep Medicine</i> , 2002, 3, 393-400.	1.6	37
28	Sleepâ€related attentional bias in poor versus good sleepers is independent of affective valence. <i>Journal of Sleep Research</i> , 2013, 22, 414-421.	3.2	37
29	Assessing the daily stability of the cortisol awakening response in a controlled environment. <i>BMC Psychology</i> , 2016, 4, 3.	2.1	36
30	Acute and Chronic Insomnia: What Has Time and/or Hyperarousal Got to Do with It?. <i>Brain Sciences</i> , 2020, 10, 71.	2.3	33
31	Are there sleep-specific phenotypes in patients with chronic fatigue syndrome? A cross-sectional polysomnography analysis. <i>BMJ Open</i> , 2013, 3, e002999.	1.9	32
32	Misperception of tiredness in young adults with insomnia. <i>Journal of Sleep Research</i> , 2016, 25, 466-474.	3.2	29
33	Anxiety Mediates the Relationship between Perfectionism and Insomnia Symptoms: A Longitudinal Study. <i>PLoS ONE</i> , 2015, 10, e0138865.	2.5	29
34	Art expertise modulates the emotional response to modern art, especially abstract: an ERP investigation. <i>Frontiers in Human Neuroscience</i> , 2015, 9, 525.	2.0	28
35	We know CBT-I works, now what?. <i>Faculty Reviews</i> , 2022, 11, 4.	3.9	28
36	Sleep preoccupation in poor sleepers: Psychometric properties of the sleep Preoccupation Scale. <i>Journal of Psychosomatic Research</i> , 2007, 63, 579-585.	2.6	25

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37	Process and outcome of therapy in ethnically similar and dissimilar therapeutic dyads. <i>Psychotherapy Research</i> , 2007, 17, 567-575.	1.8	24
38	The role of dysfunctional beliefs and attitudes in late-life insomnia. <i>Journal of Psychosomatic Research</i> , 2007, 62, 81-84.	2.6	24
39	Complexity analysis of sleep and alterations with insomnia based on non-invasive techniques. <i>Journal of the Royal Society Interface</i> , 2014, 11, 20131112.	3.4	23
40	The Association between Daytime Napping and Cognitive Functioning in Chronic Fatigue Syndrome. <i>PLoS ONE</i> , 2015, 10, e0117136.	2.5	23
41	An investigation into the prevalence of sleep disturbances in primary Sjögren's syndrome: a systematic review of the literature. <i>Rheumatology</i> , 2016, 56, kew443.	1.9	23
42	Anxiety mediates the relationship between multidimensional perfectionism and insomnia disorder. <i>Personality and Individual Differences</i> , 2017, 104, 82-86.	2.9	23
43	Exploratory study on the role of emotion regulation in perceived valence, humour, and beneficial use of depressive internet memes in depression. <i>Scientific Reports</i> , 2020, 10, 899.	3.3	23
44	Types of Primary Insomnia: Is Hyperarousal Also Present during Napping?. <i>Journal of Clinical Sleep Medicine</i> , 2013, 09, 1273-1280.	2.6	21
45	Disassembling insomnia symptoms and their associations with depressive symptoms in a community sample: the differential role of sleep symptoms, daytime symptoms, and perception symptoms of insomnia. <i>Sleep Health</i> , 2019, 5, 376-381.	2.5	20
46	Anticipated next-day demand affects the magnitude of the cortisol awakening response, but not subjective or objective sleep. <i>Journal of Sleep Research</i> , 2018, 27, 47-55.	3.2	20
47	The Role of Perceived Partner Alliance on the Efficacy of CBT-I: Preliminary Findings from the Partner Alliance in Insomnia Research Study (PAIRS). <i>Behavioral Sleep Medicine</i> , 2015, 13, 64-72.	2.1	19
48	Automated Method for Detecting Acute Insomnia Using Multi-Night Actigraphy Data. <i>IEEE Access</i> , 2020, 8, 74413-74422.	4.2	19
49	REM dream activity of insomnia sufferers: a systematic comparison with good sleepers. <i>Sleep Medicine</i> , 2016, 20, 147-154.	1.6	18
50	The Sleep and Recovery Practices of Athletes. <i>Nutrients</i> , 2021, 13, 1330.	4.1	18
51	Priming affects poor sleepers but not normal sleepers on an Insomnia Ambiguity Task. <i>Journal of Sleep Research</i> , 2010, 19, 27-30.	3.2	17
52	Preferential attention towards the eye-region amongst individuals with insomnia. <i>Journal of Sleep Research</i> , 2017, 26, 84-91.	3.2	17
53	The Effect of Self-Identified Sexual Orientation on Helping Behavior in a British Sample: Are Lesbians and Gay Men Treated Differently?. <i>Journal of Applied Social Psychology</i> , 2001, 31, 1238-1247.	2.0	16
54	Why Treat Insomnia?. <i>Journal of Primary Care and Community Health</i> , 2021, 12, 215013272110140.	2.1	16

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55	Cognitive Behavioral Therapy for Insomnia and Acute Insomnia. <i>Sleep Medicine Clinics</i> , 2019, 14, 267-274.	2.6	15
56	Eye tracking and attentional bias for depressive internet memes in depression. <i>Experimental Brain Research</i> , 2021, 239, 575-581.	1.5	14
57	The experience of sleep in chronic fatigue syndrome: A qualitative interview study with patients. <i>British Journal of Health Psychology</i> , 2016, 21, 71-92.	3.5	12
58	Exploration of potential objective and subjective daily indicators of sleep health in normal sleepers. <i>Nature and Science of Sleep</i> , 2018, Volume 10, 303-312.	2.7	12
59	The natural history of insomnia: high sleep reactivity interacts with greater life stress to predict the onset of acute insomnia. <i>Sleep</i> , 2022, 45, .	1.1	12
60	Biased Processing of Sleep-Related Stimuli in Children of Parents With Insomnia. <i>Behavioral Sleep Medicine</i> , 2013, 11, 108-119.	2.1	11
61	People with insomnia: experiences with sedative hypnotics and risk perception. <i>Health Expectations</i> , 2016, 19, 935-947.	2.6	11
62	Promoting mental health in students: is there a role for sleep?. <i>Perspectives in Public Health</i> , 2004, 124, 129-133.	0.4	10
63	The impact of pre-sleep arousal state and strategy to control unwanted thoughts on sleep quality. <i>Anxiety, Stress and Coping</i> , 2018, 31, 338-347.	2.9	10
64	Adapting Brief CBT-I for Depressed Adolescents: A Case Illustration of the Sleeping Better Program. <i>Cognitive and Behavioral Practice</i> , 2020, 27, 336-346.	1.5	9
65	Internet memes related to the COVID-19 pandemic as a potential coping mechanism for anxiety. <i>Scientific Reports</i> , 2021, 11, 22305.	3.3	9
66	Cognitive Behavior Therapy for Insomnia: state of the science or a stated science?. <i>Sleep Medicine</i> , 2014, 15, 849-850.	1.6	7
67	Pharmacists' perceptions and communication of risk for alertness impairing medications. <i>Research in Social and Administrative Pharmacy</i> , 2018, 14, 31-45.	3.0	7
68	Managing Insomnia Using Lucid Dreaming Training: A Pilot Study. <i>Behavioral Sleep Medicine</i> , 2021, 19, 273-283.	2.1	7
69	The natural history of insomnia: Does sleep extension differentiate between those that do and do not develop chronic insomnia?. <i>Journal of Sleep Research</i> , 2021, 30, e13342.	3.2	7
70	The Natural History of Insomnia: What We Know, Don't Know, and Need to Know. <i>Sleep Medicine Research</i> , 2011, 2, 79-88.	0.6	7
71	Pre-Sleep Cognitive Arousal Is Negatively Associated with Sleep Misperception in Healthy Sleepers during Habitual Environmental Noise Exposure: An Actigraphy Study. <i>Clocks & Sleep</i> , 2022, 4, 88-99.	2.0	7
72	The role of preoccupation in attributions for poor sleep. <i>Sleep Medicine</i> , 2007, 8, 277-280.	1.6	6

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73	Sleep hygiene and the prevention of chronic insomnia. , 2019, , 137-145.		5
74	The treatment of sleep problems in autistic adults in the United Kingdom. <i>Autism</i> , 2021, 25, 2412-2417.	4.1	5
75	A Pilot Study Investigating Differences in Sleep and Life Preoccupations in Chronic and Acute Insomnia. <i>Sleep Medicine Research</i> , 2013, 4, 43-50.	0.6	5
76	Evaluating Patterns and Factors Related to Sleep Disturbances in Prostate Cancer Patients. <i>Healthcare (Switzerland)</i> , 2022, 10, 832.	2.0	5
77	A comparative polysomnography analysis of sleep in healthy controls and patients with chronic fatigue syndrome. <i>Fatigue: Biomedicine, Health and Behavior</i> , 2016, 4, 80-93.	1.9	4
78	Driving After Drinking Alcohol Associated with Insufficient Sleep and Insomnia among Student Athletes and Non-Athletes. <i>Brain Sciences</i> , 2019, 9, 46.	2.3	4
79	What makes people want to make changes to their sleep? Assessment of perceived risks of insufficient sleep as a predictor of intent to improve sleep. <i>Sleep Health</i> , 2021, 7, 98-104.	2.5	4
80	Cognitive Therapy for Insomnia. <i>Medical Psychiatry</i> , 2010, , 299-309.	0.2	4
81	A two-phase cohort study of the sleep phenotype within primary Sjögren's syndrome and its clinical correlates. <i>Clinical and Experimental Rheumatology</i> , 2019, 37 Suppl 118, 78-82.	0.8	4
82	Are sleep quality judgments comparable across individuals, places, and spaces? An interdisciplinary analysis of data from 207,608 individuals across 68 countries. <i>Sleep Health</i> , 2022, 8, 380-386.	2.5	4
83	Treatment of insomnia reduces fatigue in chronic fatigue syndrome in those able to comply with the intervention. <i>Fatigue: Biomedicine, Health and Behavior</i> , 2016, 4, 208-216.	1.9	3
84	Counting sleep? Critical reflections on a UK national sleep strategy. <i>Critical Public Health</i> , 2020, , 1-6.	2.4	3
85	Impairments in glycaemic control do not increase linearly with repeated nights of sleep restriction in healthy adults: a randomised controlled trial. <i>Applied Physiology, Nutrition and Metabolism</i> , 2021, 46, 1091-1096.	1.9	3
86	CBT-I and the short sleep duration insomnia phenotype: a comment on Bathgate, Edinger and Krystal. <i>Annals of Translational Medicine</i> , 2017, 5, 335-335.	1.7	3
87	Testing an early online intervention for the treatment of disturbed sleep during the COVID-19 pandemic in self-reported good and poor sleepers (Sleep COVID-19): study protocol for a randomised controlled trial. <i>Trials</i> , 2021, 22, 913.	1.6	3
88	Genetic Influences Contribute To Neurobehavioral Response To Acute Sleep Deprivation. <i>Sleep</i> , 2012, 35, 1191-1192.	1.1	2
89	The role of sleep in chronic fatigue syndrome: a narrative review. <i>Fatigue: Biomedicine, Health and Behavior</i> , 2014, 2, 163-184.	1.9	2
90	<p>Experienced Demand Does Not Affect Subsequent Sleep and the Cortisol Awakening Response</p>. <i>Nature and Science of Sleep</i> , 2020, Volume 12, 537-543.	2.7	2

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91	Is it time to get some SHUT-i?. Annals of Translational Medicine, 2017, 5, 336-336.	1.7	2
92	Modelling techniques for analysis of human activity patterns. , 2012, , .		1
93	Examination of sleep health dimensions and their associations with perceived stress and health in a UK sample. Journal of Public Health, 2019, 42, e34-e41.	1.8	1
94	323 Is daytime napping a risk factor for persistent insomnia symptoms?. Sleep, 2021, 44, A129-A130.	1.1	1
95	How Sleep Affects Daytime Functioning: The Latest Insights from Different Patient and Age Groups. Brain Sciences, 2021, 11, 1163.	2.3	1
96	Sleep and the Psychology Curriculum. , 2012, , .		1
97	Poor false sleep feedback does not affect pre-sleep cognitive arousal or subjective sleep continuity in healthy sleepers: a pilot study. Sleep and Biological Rhythms, 0, , .	1.0	1
98	Sleep and health. , 2001, , 198-202.		0
99	Insomnia and ageing: Implications for healthcare practice and policy. Quality in Ageing and Older Adults, 2001, 2, 20-32.	0.8	0
100	Simplified sleep restriction impacts objective but not subjective sleep for people with primary insomnia in primary care. Evidence-Based Medicine, 2015, 20, 206-206.	0.6	0
101	Complexity analysis of human physiological signals based on case studies. Journal of Physics: Conference Series, 2015, 597, 012010.	0.4	0
102	Two year follow-up of sleep diaries and polysomnography in chronic fatigue syndrome: a cohort study. Fatigue: Biomedicine, Health and Behavior, 2017, 5, 103-113.	1.9	0
103	0188 What Makes People Want to Make Changes to Their Sleep? Assessment of Perceived Risks of Insufficient Sleep as a Predictor of Intent to Improve Sleep. Sleep, 2019, 42, A77-A77.	1.1	0
104	The Impact of Perceived Sleep, Mood and Alcohol Use on Verbal, Physical and Sexual Assault Experiences among Student Athletes and Student Non-Athletes. International Journal of Environmental Research and Public Health, 2021, 18, 2883.	2.6	0
105	Anxiety, Insomnia, and Napping Predict Poorer Sleep Quality in an Autistic Adult Population. International Journal of Environmental Research and Public Health, 2021, 18, 9883.	2.6	0