

Charles M Morin

List of Publications by Year in descending order

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Version: 2024-02-01

313
papers

42,332
citations

2975

93
h-index

2571

195
g-index

329
all docs

329
docs citations

329
times ranked

20350
citing authors

#	ARTICLE	IF	CITATIONS
1	Validation of the Insomnia Severity Index as an outcome measure for insomnia research. <i>Sleep Medicine</i> , 2001, 2, 297-307.	1.6	5,399
2	The Insomnia Severity Index: Psychometric Indicators to Detect Insomnia Cases and Evaluate Treatment Response. <i>Sleep</i> , 2011, 34, 601-608.	1.1	2,889
3	The Consensus Sleep Diary: Standardizing Prospective Sleep Self-Monitoring. <i>Sleep</i> , 2012, 35, 287-302.	1.1	1,404
4	Psychological And Behavioral Treatment Of Insomnia: Update Of The Recent Evidence (1998â€“2004). <i>Sleep</i> , 2006, 29, 1398-1414.	1.1	1,096
5	Nonpharmacological interventions for insomnia: a meta-analysis of treatment efficacy. <i>American Journal of Psychiatry</i> , 1994, 151, 1172-1180.	7.2	990
6	Recommendations for a Standard Research Assessment of Insomnia. <i>Sleep</i> , 2006, 29, 1155-1173.	1.1	951
7	Epidemiology of insomnia: Prevalence, self-help treatments, consultations, and determinants of help-seeking behaviors. <i>Sleep Medicine</i> , 2006, 7, 123-130.	1.6	947
8	Behavioral and Pharmacological Therapies for Late-Life Insomnia. <i>JAMA - Journal of the American Medical Association</i> , 1999, 281, 991.	7.4	940
9	Derivation of Research Diagnostic Criteria for Insomnia: Report of an American Academy of Sleep Medicine Work Group. <i>Sleep</i> , 2004, 27, 1567-1596.	1.1	904
10	Nonpharmacologic Treatment of Chronic Insomnia. <i>Sleep</i> , 1999, 22, 1134-1156.	1.1	758
11	Chronic insomnia. <i>Lancet</i> , The, 2012, 379, 1129-1141.	13.7	700
12	Insomnia in the Context of Cancer: A Review of a Neglected Problem. <i>Journal of Clinical Oncology</i> , 2001, 19, 895-908.	1.6	697
13	Cognitive Behavioral Therapy, Singly and Combined With Medication, for Persistent Insomnia. <i>JAMA - Journal of the American Medical Association</i> , 2009, 301, 2005.	7.4	629
14	Dysfunctional Beliefs and Attitudes about Sleep (DBAS): Validation of a Brief Version (DBAS-16). <i>Sleep</i> , 2007, 30, 1547-1554.	1.1	581
15	Insomnia and daytime cognitive performance: A meta-analysis. <i>Sleep Medicine Reviews</i> , 2012, 16, 83-94.	8.5	573
16	Role of Stress, Arousal, and Coping Skills in Primary Insomnia. <i>Psychosomatic Medicine</i> , 2003, 65, 259-267.	2.0	564
17	Randomized Study on the Efficacy of Cognitive-Behavioral Therapy for Insomnia Secondary to Breast Cancer, Part I: Sleep and Psychological Effects. <i>Journal of Clinical Oncology</i> , 2005, 23, 6083-6096.	1.6	451
18	Insomnia disorder. <i>Nature Reviews Disease Primers</i> , 2015, 1, 15026.	30.5	425

#	ARTICLE	IF	CITATIONS
19	The Natural History of Insomnia. Archives of Internal Medicine, 2009, 169, 447.	3.8	422
20	Incidence and Risk Factors of Insomnia in a Population-Based Sample. Sleep, 2009, 32, 1027-1037.	1.1	402
21	Cognitive and behavioral therapies in the treatment of insomnia: A meta-analysis. Sleep Medicine Reviews, 2018, 38, 3-16.	8.5	402
22	Efficacy of an Internet-Based Behavioral Intervention for Adults With Insomnia. Archives of General Psychiatry, 2009, 66, 692.	12.3	399
23	Dysfunctional beliefs and attitudes about sleep among older adults with and without insomnia complaints.. Psychology and Aging, 1993, 8, 463-467.	1.6	379
24	Prevalence, Clinical Characteristics, and Risk Factors for Insomnia in the Context of Breast Cancer. Sleep, 2001, 24, 583-590.	1.1	361
25	Insomnia and its relationship to health-care utilization, work absenteeism, productivity and accidents. Sleep Medicine, 2009, 10, 427-438.	1.6	352
26	The economic burden of insomnia: direct and indirect costs for individuals with insomnia syndrome, insomnia symptoms, and good sleepers. Sleep, 2009, 32, 55-64.	1.1	346
27	Self-Reported Sleep and Mood Disturbance in Chronic Pain Patients. Clinical Journal of Pain, 1998, 14, 311-314.	1.9	335

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#	ARTICLE	IF	CITATIONS
37	Effect of a Web-Based Cognitive Behavior Therapy for Insomnia Intervention With 1-Year Follow-up. JAMA Psychiatry, 2017, 74, 68.	11.0	242
38	Cognitive-behavior therapy for late-life insomnia.. Journal of Consulting and Clinical Psychology, 1993, 61, 137-146.	2.0	232
39	Prevalence of Insomnia and its Treatment in Canada. Canadian Journal of Psychiatry, 2011, 56, 540-548.	1.9	222
40	Validation of the Insomnia Severity Index in Primary Care. Journal of the American Board of Family Medicine, 2013, 26, 701-710.	1.5	221
41	Efficacy of cognitive-behavioral therapy for insomnia in women treated for nonmetastatic breast cancer.. Journal of Consulting and Clinical Psychology, 2003, 71, 189-200.	2.0	211
42	Cognitive-Behavioral Therapy for Insomnia: Comparison of Individual Therapy, Group Therapy, and Telephone Consultations.. Journal of Consulting and Clinical Psychology, 2004, 72, 653-659.	2.0	204
43	Patients' Acceptance of Psychological and Pharmacological Therapies for Insomnia. Sleep, 1992, 15, 302-305.	1.1	201
44	Epidemiology of Insomnia. Sleep Medicine Clinics, 2022, 17, 173-191.	2.6	200
45	Recent advances in the assessment and treatment of insomnia.. Journal of Consulting and Clinical Psychology, 1992, 60, 586-594.	2.0	199
46	Precipitating Factors of Insomnia. Behavioral Sleep Medicine, 2004, 2, 50-62.	2.1	192
47	Interpreting score differences in the Insomnia Severity Index: using health-related outcomes to define the minimally important difference. Current Medical Research and Opinion, 2009, 25, 2487-2494.	1.9	191
48	Sleep-wake disturbances after traumatic brain injury. Lancet Neurology, The, 2015, 14, 746-757.	10.2	183
49	Insomnia, anxiety, and depression during the COVID-19 pandemic: an international collaborative study. Sleep Medicine, 2021, 87, 38-45.	1.6	177
50	Cognitive Impairment in Individuals with Insomnia: Clinical Significance and Correlates. Sleep, 2014, 37, 1787-1798.	1.1	168
51	The Economic Burden of Insomnia: Direct and Indirect Costs for Individuals with Insomnia Syndrome, Insomnia Symptoms, and Good Sleepers. Sleep, 2009, , .	1.1	167
52	Nighttime Blood Pressure in Normotensive Subjects With Chronic Insomnia: Implications for Cardiovascular Risk. Sleep, 2009, 32, 760-766.	1.1	167
53	Self-help treatment for insomnia: Bibliotherapy with and without professional guidance.. Journal of Consulting and Clinical Psychology, 1999, 67, 511-519.	2.0	165
54	Epidemiology of Insomnia. Sleep Medicine Clinics, 2013, 8, 281-297.	2.6	165

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55	Sleep and circadian rhythm in response to the COVID-19 pandemic. Canadian Journal of Public Health, 2020, 111, 654-657.	2.3	165
56	Efficacy of Cognitive-Behavioral Therapy for Insomnia Associated With Traumatic Brain Injury: A Single-Case Experimental Design. Archives of Physical Medicine and Rehabilitation, 2007, 88, 1581-1592.	0.9	163
57	Valerian-Hops Combination and Diphenhydramine for Treating Insomnia: A Randomized Placebo-Controlled Clinical Trial. Sleep, 2005, 28, 1465-1471.	1.1	162
58	Prevalence, Natural Course, and Risk Factors of Insomnia Comorbid With Cancer Over a 2-Month Period. Journal of Clinical Oncology, 2009, 27, 5233-5239.	1.6	162
59	Dysfunctional beliefs and attitudes about sleep among older adults with and without insomnia complaints.. Psychology and Aging, 1993, 8, 463-467.	1.6	161
60	Subjective and objective measures of insomnia in the context of traumatic brain injury: A preliminary study. Sleep Medicine, 2006, 7, 486-497.	1.6	159
61	Actigraphy in the Assessment of Insomnia. Sleep, 2003, 26, 902-906.	1.1	156
62	Sleep EEG Power Spectra, Insomnia, and Chronic Use of Benzodiazepines. Sleep, 2003, 26, 313-317.	1.1	154
63	Measuring outcomes in randomized clinical trials of insomnia treatments. Sleep Medicine Reviews, 2003, 7, 263-279.	8.5	153
64	The evidence base of sleep restriction therapy for treating insomnia disorder. Sleep Medicine Reviews, 2014, 18, 415-424.	8.5	153
65	Randomized clinical trial on cognitive therapy for depression in women with metastatic breast cancer: Psychological and immunological effects. Palliative and Supportive Care, 2006, 4, 219-237.	1.0	152
66	Chronic Insomnia and Immune Functioning. Psychosomatic Medicine, 2003, 65, 211-221.	2.0	151
67	Comparative efficacy of behavior therapy, cognitive therapy, and cognitive behavior therapy for chronic insomnia: A randomized controlled trial.. Journal of Consulting and Clinical Psychology, 2014, 82, 670-683.	2.0	150
68	Sleep patterns and aging: Comparison of older adults with and without insomnia complaints.. Psychology and Aging, 1989, 4, 290-294.	1.6	149
69	Cognitive performance and sleep quality in the elderly suffering from chronic insomnia. Journal of Psychosomatic Research, 2003, 54, 39-49.	2.6	148
70	Cancer treatments and their side effects are associated with aggravation of insomnia: Results of a longitudinal study. Cancer, 2015, 121, 1703-1711.	4.1	144
71	The association between nocturnal hot flashes and sleep in breast cancer survivors. Journal of Pain and Symptom Management, 2004, 27, 513-522.	1.2	142
72	Randomized Study on the Efficacy of Cognitive-Behavioral Therapy for Insomnia Secondary to Breast Cancer, Part II: Immunologic Effects. Journal of Clinical Oncology, 2005, 23, 6097-6106.	1.6	141

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73	Validation of the Insomnia Severity Index as a Web-Based Measure. Behavioral Sleep Medicine, 2011, 9, 216-223.	2.1	138
74	Insomnia and hypertension: A systematic review. Sleep Medicine Reviews, 2018, 41, 3-38.	8.5	135
75	Evaluation of chronic insomnia. An American Academy of Sleep Medicine review. Sleep, 2000, 23, 243-308.	1.1	134
76	Insomnia and generalized anxiety disorder:. Journal of Anxiety Disorders, 2004, 18, 561-571.	3.2	130
77	The acute effects of the COVID-19 pandemic on insomnia and psychological symptoms. Sleep Medicine, 2021, 77, 346-347.	1.6	122
78	Familial incidence of insomnia. Journal of Sleep Research, 2000, 9, 49-54.	3.2	117
79	Examining maladaptive beliefs about sleep across insomnia patient groups. Journal of Psychosomatic Research, 2010, 68, 57-65.	2.6	117
80	Family studies in insomnia. Journal of Psychosomatic Research, 2005, 58, 271-278.	2.6	111
81	Telephone-Based Cognitive Behavioral Therapy for Insomnia in Perimenopausal and Postmenopausal Women With Vasomotor Symptoms. JAMA Internal Medicine, 2016, 176, 913.	5.1	110
82	Chronic Psychophysiological Insomnia: Hyperarousal and/or Inhibition Deficits? An ERPs Investigation. Sleep, 2008, 31, 887-898.	1.1	109
83	Insomnia in shift work. Sleep Medicine, 2014, 15, 1440-1448.	1.6	108
84	Cognitive-behavior therapy for late-life insomnia.. Journal of Consulting and Clinical Psychology, 1993, 61, 137-146.	2.0	105
85	The Beck Anxiety Inventory: Psychometric Properties with Older Adults. Journal of Clinical Geropsychology, 1999, 5, 19-29.	0.7	103
86	Sleep and psychopathology. Applied and Preventive Psychology, 1996, 5, 211-224.	0.8	100
87	Benzodiazepine discontinuation among adults with GAD: A randomized trial of cognitive-behavioral therapy.. Journal of Consulting and Clinical Psychology, 2006, 74, 908-919.	2.0	100
88	Psychological management of insomnia: A clinical replication series with 100 patients. Behavior Therapy, 1994, 25, 291-309.	2.4	99
89	Nonpharmacological treatment of late-life insomnia. Journal of Psychosomatic Research, 1999, 46, 103-116.	2.6	99
90	Behavioral and cognitive treatments of geriatric insomnia.. Journal of Consulting and Clinical Psychology, 1988, 56, 748-753.	2.0	99

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91	Chronic insomnia, quality-of-life, and utility scores: Comparison with good sleepers in a cross-sectional international survey. <i>Sleep Medicine</i> , 2012, 13, 43-51.	1.6	97
92	Is a Video-Based Cognitive Behavioral Therapy for Insomnia as Efficacious as a Professionally Administered Treatment in Breast Cancer? Results of a Randomized Controlled Trial. <i>Sleep</i> , 2014, 37, 1305-1314.	1.1	97
93	Development and Perceived Utility and Impact of an Internet Intervention for Insomnia. <i>E-Journal of Applied Psychology</i> , 2008, 4, 32-42.	0.3	97
94	Variability and predictability in sleep patterns of chronic insomniacs. <i>Journal of Sleep Research</i> , 2005, 14, 447-453.	3.2	96
95	Fatigue following traumatic brain injury: Frequency, characteristics, and associated factors.. <i>Rehabilitation Psychology</i> , 2006, 51, 140-149.	1.3	96
96	Relations between sleep, fatigue, and health-related quality of life in individuals with insomnia. <i>Journal of Psychosomatic Research</i> , 2010, 69, 475-483.	2.6	96
97	Self-Help Treatment for Insomnia: a Randomized Controlled Trial. <i>Sleep</i> , 2005, 28, 1319-1327.	1.1	94
98	Family History of Insomnia in a Population-Based Sample. <i>Sleep</i> , 2007, 30, 1739-1745.	1.1	93
99	Effects of chronic insomnia and use of benzodiazepines on daytime performance in older adults. <i>Journals of Gerontology - Series B Psychological Sciences and Social Sciences</i> , 2000, 55, P54-P62.	3.9	92
100	Incidence, Persistence, and Remission Rates of Insomnia Over 5 Years. <i>JAMA Network Open</i> , 2020, 3, e2018782.	5.9	90
101	Insomnia and Impaired Quality of Life in the United States. <i>Journal of Clinical Psychiatry</i> , 2018, 79, .	2.2	88
102	Behavioral management of sleep disturbances secondary to chronic pain. <i>Journal of Behavior Therapy and Experimental Psychiatry</i> , 1989, 20, 295-302.	1.2	86
103	A Randomized Controlled Trial of an Internet Intervention for Adults with Insomnia: Effects on Comorbid Psychological and Fatigue Symptoms. <i>Journal of Clinical Psychology</i> , 2013, 69, 1078-1093.	1.9	86
104	Association of insomnia severity and comorbid medical and psychiatric disorders in a health plan-based sample: Insomnia severity and comorbidities. <i>Sleep Medicine</i> , 2010, 11, 69-74.	1.6	85
105	Recent advances in the assessment and treatment of insomnia.. <i>Journal of Consulting and Clinical Psychology</i> , 1992, 60, 586-594.	2.0	85
106	Cognitive behavioral therapy for insomnia associated with traumatic brain injury: A single-case study11No commercial party having a direct financial interest in the results of the research supporting this article has or will confer a benefit upon the author(s) or upon any organization with which the author(s) is/are associated.. <i>Archives of Physical Medicine and Rehabilitation</i> , 2004, 85, 1298-1302.	0.9	82
107	The role of vulnerability in stress-related insomnia, social support and coping styles on incidence and persistence of insomnia. <i>Journal of Sleep Research</i> , 2014, 23, 681-688.	3.2	81
108	Cognitive behavioral therapy for insomnia in patients with chronic pain – A systematic review and meta-analysis of randomized controlled trials. <i>Sleep Medicine Reviews</i> , 2021, 60, 101460.	8.5	79

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109	Comparison of subjective and objective sleep quality in menopausal and non-menopausal women with insomnia. <i>Sleep Medicine</i> , 2011, 12, 65-69.	1.6	77
110	Qualitative studies of insomnia: Current state of knowledge in the field. <i>Sleep Medicine Reviews</i> , 2017, 31, 58-69.	8.5	77
111	Stimulus control and imagery training in treating sleep-maintenance insomnia.. <i>Journal of Consulting and Clinical Psychology</i> , 1987, 55, 260-262.	2.0	74
112	Measurement of narcolepsy symptoms. <i>Neurology</i> , 2017, 88, 1358-1365.	1.1	74
113	Long-term outcome after discontinuation of benzodiazepines for insomnia: a survival analysis of relapse. <i>Behaviour Research and Therapy</i> , 2005, 43, 1-14.	3.1	73
114	Behavioral and Pharmacological Treatments for Insomnia. <i>Annals of Behavioral Medicine</i> , 1988, 10, 91-100.	2.9	67
115	Effects of Pharmacologic and Nonpharmacologic Interventions on Insomnia Symptoms and Self-reported Sleep Quality in Women With Hot Flashes: A Pooled Analysis of Individual Participant Data From Four MsFLASH Trials. <i>Sleep</i> , 2018, 41, .	1.1	67
116	Comparative effectiveness and safety of pharmacological and non-pharmacological interventions for insomnia: an overview of reviews. <i>Systematic Reviews</i> , 2019, 8, 281.	5.3	67
117	Sleepiness and fatigue following traumatic brain injury. <i>Sleep Medicine</i> , 2012, 13, 598-605.	1.6	66
118	Treatment of Late-Life Insomnia. , 2000, , .		66
119	Psychological and pharmacological approaches to treating insomnia: Critical issues in assessing their separate and combined effects. <i>Clinical Psychology Review</i> , 1996, 16, 521-542.	11.4	65
120	Cardiovascular autonomic dysfunction in insomnia patients with objective short sleep duration. <i>Journal of Sleep Research</i> , 2018, 27, e12663.	3.2	65
121	The Effect of Temazepam on Respiration in Elderly Insomniacs with Mild Sleep Apnea. <i>Sleep</i> , 1995, 18, 644-645.	1.1	64
122	Sequential combinations of drug and cognitive behavioral therapy for chronic insomnia: An exploratory study. <i>Behaviour Research and Therapy</i> , 2005, 43, 1611-1630.	3.1	64
123	Clinical Management of Insomnia Using Cognitive Therapy. <i>Behavioral Sleep Medicine</i> , 2006, 4, 179-202.	2.1	64
124	Hypnotic taper with or without self-help treatment of insomnia: A randomized clinical trial.. <i>Journal of Consulting and Clinical Psychology</i> , 2007, 75, 325-335.	2.0	64
125	Incidence, worsening and risk factors of daytime sleepiness in a population-based 5-year longitudinal study. <i>Scientific Reports</i> , 2017, 7, 1372.	3.3	64
126	Changes in dysfunctional beliefs about sleep after cognitive behavioral therapy for insomnia: A systematic literature review and meta-analysis. <i>Sleep Medicine Reviews</i> , 2020, 49, 101230.	8.5	63

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127	Self-help treatment for insomnia: Bibliotherapy with and without professional guidance.. Journal of Consulting and Clinical Psychology, 1999, 67, 511-519.	2.0	63
128	Self-Efficacy and Adherence to Cognitive-Behavioral Treatment of Insomnia. Behavioral Sleep Medicine, 2003, 1, 187-199.	2.1	62
129	Sleep of Children With Attention Deficit Hyperactivity Disorder: Actigraphic and Parental Reports. Behavioral Sleep Medicine, 2014, 12, 69-83.	2.1	59
130	Prevalent, incident, and persistent insomnia in a population-based cohort tested before (2018) and during the first-wave of COVID-19 pandemic (2020). Sleep, 2022, 45, .	1.1	56
131	Change in Dysfunctional Beliefs About Sleep in Behavior Therapy, Cognitive Therapy, and Cognitive-Behavioral Therapy for Insomnia. Behavior Therapy, 2016, 47, 102-115.	2.4	55
132	Post-Traumatic Stress among Evacuees from the 2016 Fort McMurray Wildfires: Exploration of Psychological and Sleep Symptoms Three Months after the Evacuation. International Journal of Environmental Research and Public Health, 2019, 16, 1604.	2.6	55
133	Hypnotics in Insomnia: The Experience of Zolpidem. Clinical Therapeutics, 2014, 36, 1676-1701.	2.5	54
134	Sleep and circadian problems during the coronavirus disease 2019 (COVID-19) pandemic: the International COVID-19 Sleep Study (ICOSS). Journal of Sleep Research, 2021, 30, e13206.	3.2	54
135	Prevalence of insomnia and its associated factors in elderly long-term care residents. Archives of Gerontology and Geriatrics, 2006, 42, 1-20.	3.0	53
136	Behavioral and cognitive treatments of geriatric insomnia.. Journal of Consulting and Clinical Psychology, 1988, 56, 748-753.	2.0	53
137	Combined therapeutics for insomnia: Should our first approach be behavioral or pharmacological?. Sleep Medicine, 2006, 7, S15-S19.	1.6	52
138	Efficacy of cognitive-behavioral therapy for insomnia in women treated for nonmetastatic breast cancer. Journal of Consulting and Clinical Psychology, 2003, 71, 189-200.	2.0	51
139	Validating the cross-cultural factor structure and invariance property of the Insomnia Severity Index: evidence based on ordinal EFA and CFA. Sleep Medicine, 2015, 16, 598-603.	1.6	50
140	A systematic review of cognitive behavioral therapy for insomnia implemented in primary care and community settings. Sleep Medicine Reviews, 2019, 44, 23-36.	8.5	50
141	Cognitive-behavioral Therapy of Insomnia. Sleep Medicine Clinics, 2006, 1, 375-386.	2.6	49
142	Sleep disturbances in bipolar disorder during remission. Journal of Affective Disorders, 2013, 146, 112-119.	4.1	49
143	Effectiveness of Sequential Psychological and Medication Therapies for Insomnia Disorder. JAMA Psychiatry, 2020, 77, 1107.	11.0	49
144	Prevalence of sleep disturbances in patients with chronic non-cancer pain: A systematic review and meta-analysis. Sleep Medicine Reviews, 2021, 57, 101467.	8.5	48

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145	The use of natural products for sleep: A common practice?. <i>Sleep Medicine</i> , 2009, 10, 982-987.	1.6	47
146	Meta-analysis of sleep changes in control groups of insomnia treatment trials. <i>Journal of Sleep Research</i> , 2007, 16, 77-84.	3.2	45
147	Associations of nonrestorative sleep with insomnia, depression, and daytime function. <i>Sleep Medicine</i> , 2010, 11, 965-972.	1.6	45
148	The Role of the Spontaneous and Evoked K-Complex in Good-Sleeper Controls and in Individuals with Insomnia. <i>Sleep</i> , 2011, 34, 1251-60.	1.1	45
149	Long-Term Maintenance of Therapeutic Gains Associated With Cognitive-Behavioral Therapy for Insomnia Delivered Alone or Combined With Zolpidem. <i>Sleep</i> , 2017, 40, .	1.1	45
150	Cognitive behavior therapy to facilitate benzodiazepine discontinuation among hypnotic-dependent patients with insomnia. <i>Behavior Therapy</i> , 1995, 26, 733-745.	2.4	44
151	The Nature of Insomnia and the Need to Refine Our Diagnostic Criteria. <i>Psychosomatic Medicine</i> , 2000, 62, 483-485.	2.0	44
152	Sleep, Attention, and Executive Functioning in Children with Attention-Deficit/Hyperactivity Disorder. <i>Archives of Clinical Neuropsychology</i> , 2013, 28, 692-699.	0.5	44
153	Long-term clinical effect of group cognitive behavioral therapy for insomnia: a case series study. <i>Sleep Medicine</i> , 2018, 47, 54-59.	1.6	44
154	Discontinuation of benzodiazepines among older insomniac adults treated with cognitive-behavioural therapy combined with gradual tapering: a randomized trial. <i>Cmaj</i> , 2003, 169, 1015-20.	2.0	44
155	Evening-types show highest increase of sleep and mental health problems during the COVID-19 pandemic—multinational study on 19 267 adults. <i>Sleep</i> , 2022, 45, .	1.1	42
156	Cognitive Behavioral Therapy for Chronic Insomnia: State of the Science Versus Current Clinical Practices. <i>Annals of Internal Medicine</i> , 2015, 163, 236.	3.9	41
157	Smartphone-Based Virtual Agents to Help Individuals With Sleep Concerns During COVID-19 Confinement: Feasibility Study. <i>Journal of Medical Internet Research</i> , 2020, 22, e24268.	4.3	41
158	Sleep and daytime problems during the COVID-19 pandemic and effects of coronavirus infection, confinement and financial suffering: a multinational survey using a harmonised questionnaire. <i>BMJ Open</i> , 2021, 11, e050672.	1.9	41
159	Long-Term Effects of Two Formats of Cognitive Behavioral Therapy for Insomnia Comorbid with Breast Cancer. <i>Sleep</i> , 2016, 39, 813-823.	1.1	40
160	Effect of Telephone Cognitive Behavioral Therapy for Insomnia in Older Adults With Osteoarthritis Pain. <i>JAMA Internal Medicine</i> , 2021, 181, 530.	5.1	40
161	Sleep perception in insomniacs, sleep-disordered breathing patients, and healthy volunteers — An important biologic parameter of sleep. <i>Sleep Medicine</i> , 2009, 10, 865-868.	1.6	39
162	Hierarchy of insomnia criteria based on daytime consequences. <i>Sleep Medicine</i> , 2012, 13, 52-57.	1.6	39

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163	Speed and trajectory of changes of insomnia symptoms during acute treatment with cognitive-behavioral therapy, singly and combined with medication. <i>Sleep Medicine</i> , 2014, 15, 701-707.	1.6	39
164	The association between high risk of sleep apnea, comorbidities, and risk of COVID-19: a population-based international harmonized study. <i>Sleep and Breathing</i> , 2021, 25, 849-860.	1.7	37
165	Cognitive-behavioral approaches to the treatment of insomnia. <i>Journal of Clinical Psychiatry</i> , 2004, 65 Suppl 16, 33-40.	2.2	37
166	Investigating psychological and physiological responses to the Trier Social Stress Test in young adults with insomnia. <i>Sleep Medicine</i> , 2017, 40, 11-22.	1.6	36
167	Self-Efficacy and Compliance With Benzodiazepine Taper in Older Adults With Chronic Insomnia.. <i>Health Psychology</i> , 2005, 24, 281-287.	1.6	35
168	Sleep spindles in chronic psychophysiological insomnia. <i>Journal of Psychosomatic Research</i> , 2009, 66, 59-65.	2.6	35
169	Volunteer Work and Psychological Health Following Traumatic Brain Injury. <i>Journal of Head Trauma Rehabilitation</i> , 2009, 24, 262-271.	1.7	35
170	Feasibility of a self-help treatment for insomnia comorbid with cancer. <i>Psycho-Oncology</i> , 2011, 20, 1013-1019.	2.3	35
171	Cognitive mechanisms of sleep outcomes in a randomized clinical trial of internet-based cognitive behavioral therapy for insomnia. <i>Sleep Medicine</i> , 2018, 47, 77-85.	1.6	35
172	Monthly Fluctuations of Insomnia Symptoms in a Population-Based Sample. <i>Sleep</i> , 2014, 37, 319-326.	1.1	34
173	Sleep restriction for the inpatient treatment of insomnia. <i>Sleep</i> , 1990, 13, 183-6.	1.1	34
174	Cognitive Behavioral Therapy for Insomnia in Older Adults. <i>Cognitive and Behavioral Practice</i> , 2012, 19, 101-115.	1.5	33
175	Impact of comorbid anxiety and depressive disorders on treatment response to cognitive behavior therapy for insomnia.. <i>Journal of Consulting and Clinical Psychology</i> , 2016, 84, 659-667.	2.0	33
176	Endorsement of European guideline for the diagnosis and treatment of insomnia by the World Sleep Society. <i>Sleep Medicine</i> , 2021, 81, 124-126.	1.6	33
177	Hypnotic discontinuation in chronic insomnia: Impact of psychological distress, readiness to change, and self-efficacy.. <i>Health Psychology</i> , 2008, 27, 239-248.	1.6	32
178	AAGerman version of the Insomnia Severity Index. <i>Somnologie</i> , 2018, 22, 27-35.	1.5	32
179	Sleep patterns and aging: Comparison of older adults with and without insomnia complaints.. <i>Psychology and Aging</i> , 1989, 4, 290-294.	1.6	32
180	Masturbatory extinction of deviant sexual arousal: A case study. <i>Behavior Therapy</i> , 1987, 18, 265-271.	2.4	30

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181	Relationship between insomnia symptoms, perceived stress and coping strategies in subjects with arterial hypertension: psychological factors may play a modulating role. <i>Sleep Medicine</i> , 2016, 19, 108-115.	1.6	30
182	How our Dreams Changed During the COVID-19 Pandemic: Effects and Correlates of Dream Recall Frequency - a Multinational Study on 19,355 Adults. <i>Nature and Science of Sleep</i> , 2021, Volume 13, 1573-1591.	2.7	30
183	Stimulus control and imagery training in treating sleep-maintenance insomnia.. <i>Journal of Consulting and Clinical Psychology</i> , 1987, 55, 260-262.	2.0	30
184	Information Processing Varies Between Insomnia Types: Measures of N1 and P2 During the Night. <i>Behavioral Sleep Medicine</i> , 2013, 11, 56-72.	2.1	29
185	Specific insomnia symptoms and self-efficacy explain CPAP compliance in a sample of OSAS patients. <i>PLoS ONE</i> , 2018, 13, e0195343.	2.5	29
186	Profile of Somryst Prescription Digital Therapeutic for Chronic Insomnia: Overview of Safety and Efficacy. <i>Expert Review of Medical Devices</i> , 2020, 17, 1239-1248.	2.8	29
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