

Christian Benedict

List of Publications by Citations

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The third column is the impact factor (IF) of the journal, and the fourth column is the number of citations of the article.

155
papers

7,155
citations

46
h-index

82
g-index

161
ext. papers

8,326
ext. citations

5.8
avg, IF

5.96
L-index

#	Paper	IF	Citations
155	Intranasal insulin improves memory in humans. <i>Psychoneuroendocrinology</i> , 2004 , 29, 1326-34	5	529
154	Intranasal insulin as a treatment for Alzheimer's disease: a review of basic research and clinical evidence. <i>CNS Drugs</i> , 2013 , 27, 505-14	6.7	329
153	Short-term sleep loss decreases physical activity under free-living conditions but does not increase food intake under time-deprived laboratory conditions in healthy men. <i>American Journal of Clinical Nutrition</i> , 2009 , 90, 1476-82	7	268
152	Differential sensitivity of men and women to anorexigenic and memory-improving effects of intranasal insulin. <i>Journal of Clinical Endocrinology and Metabolism</i> , 2008 , 93, 1339-44	5.6	223
151	Intranasal insulin improves memory in humans: superiority of insulin aspart. <i>Neuropsychopharmacology</i> , 2007 , 32, 239-43	8.7	219
150	Cortisol and epinephrine control opposing circadian rhythms in T cell subsets. <i>Blood</i> , 2009 , 113, 5134-43	2.2	215
149	Intranasal insulin reduces body fat in men but not in women. <i>Diabetes</i> , 2004 , 53, 3024-9	0.9	214
148	Acute sleep deprivation enhances the brain's response to hedonic food stimuli: an fMRI study. <i>Journal of Clinical Endocrinology and Metabolism</i> , 2012 , 97, E443-7	5.6	209
147	Intranasal treatment of central nervous system dysfunction in humans. <i>Pharmaceutical Research</i> , 2013 , 30, 2475-84	4.5	197
146	Acute sleep deprivation reduces energy expenditure in healthy men. <i>American Journal of Clinical Nutrition</i> , 2011 , 93, 1229-36	7	170
145	Exposure to subliminal arousing stimuli induces robust activation in the amygdala, hippocampus, anterior cingulate, insular cortex and primary visual cortex: a systematic meta-analysis of fMRI studies. <i>NeuroImage</i> , 2012 , 59, 2962-73	7.9	145
144	Brain insulin signaling and Alzheimer's disease: current evidence and future directions. <i>Molecular Neurobiology</i> , 2012 , 46, 4-10	6.2	129
143	Intranasal insulin to improve memory function in humans. <i>Neuroendocrinology</i> , 2007 , 86, 136-42	5.6	129
142	Genome wide analysis reveals association of a FTO gene variant with epigenetic changes. <i>Genomics</i> , 2012 , 99, 132-7	4.3	121
141	Gut microbiota and glucometabolic alterations in response to recurrent partial sleep deprivation in normal-weight young individuals. <i>Molecular Metabolism</i> , 2016 , 5, 1175-1186	8.8	119
140	Circadian clocks in mouse and human CD4+ T cells. <i>PLoS ONE</i> , 2011 , 6, e29801	3.7	119
139	Intranasal insulin as a therapeutic option in the treatment of cognitive impairments. <i>Experimental Gerontology</i> , 2011 , 46, 112-5	4.5	117

138	Candidate mechanisms underlying the association between sleep-wake disruptions and Alzheimer β disease. <i>Sleep Medicine Reviews</i> , 2017 , 31, 102-111	10.2	110
137	Obese men respond to cognitive but not to catabolic brain insulin signaling. <i>International Journal of Obesity</i> , 2008 , 32, 275-82	5.5	109
136	Acute Sleep Loss Induces Tissue-Specific Epigenetic and Transcriptional Alterations to Circadian Clock Genes in Men. <i>Journal of Clinical Endocrinology and Metabolism</i> , 2015 , 100, E1255-61	5.6	106
135	Impaired insulin sensitivity as indexed by the HOMA score is associated with deficits in verbal fluency and temporal lobe gray matter volume in the elderly. <i>Diabetes Care</i> , 2012 , 35, 488-94	14.6	101
134	Intranasal insulin enhances postprandial thermogenesis and lowers postprandial serum insulin levels in healthy men. <i>Diabetes</i> , 2011 , 60, 114-8	0.9	98
133	Low cerebrospinal fluid insulin levels in obese humans. <i>Diabetologia</i> , 2006 , 49, 2790-2	10.3	94
132	Self-reported sleep disturbance is associated with Alzheimer β disease risk in men. <i>Alzheimer's and Dementia</i> , 2015 , 11, 1090-7	1.2	92
131	Intranasal administration of insulin to the brain impacts cognitive function and peripheral metabolism. <i>Diabetes, Obesity and Metabolism</i> , 2012 , 14, 214-21	6.7	91
130	Association between physical activity and brain health in older adults. <i>Neurobiology of Aging</i> , 2013 , 34, 83-90	5.6	88
129	Late-life obesity is associated with smaller global and regional gray matter volumes: a voxel-based morphometric study. <i>International Journal of Obesity</i> , 2013 , 37, 230-6	5.5	88
128	Acute sleep deprivation increases portion size and affects food choice in young men. <i>Psychoneuroendocrinology</i> , 2013 , 38, 1668-74	5	86
127	Lifestyle determinants of the drive to eat: a meta-analysis. <i>American Journal of Clinical Nutrition</i> , 2012 , 96, 492-7	7	86
126	Restraint of appetite and reduced regional brain volumes in anorexia nervosa: a voxel-based morphometric study. <i>BMC Psychiatry</i> , 2011 , 11, 179	4.2	84
125	Mediterranean diet habits in older individuals: associations with cognitive functioning and brain volumes. <i>Experimental Gerontology</i> , 2013 , 48, 1443-8	4.5	83
124	Sleep enhances IL-6 trans-signaling in humans. <i>FASEB Journal</i> , 2006 , 20, 2174-6	0.9	79
123	Association between long sleep duration and increased risk of obesity and type 2 diabetes: A review of possible mechanisms. <i>Sleep Medicine Reviews</i> , 2018 , 40, 127-134	10.2	75
122	A debate on current eating disorder diagnoses in light of neurobiological findings: is it time for a spectrum model?. <i>BMC Psychiatry</i> , 2012 , 12, 76	4.2	71
121	Dietary intake of eicosapentaenoic and docosahexaenoic acids is linked to gray matter volume and cognitive function in elderly. <i>Age</i> , 2013 , 35, 1495-505		70

120	Enhancing influence of intranasal interleukin-6 on slow-wave activity and memory consolidation during sleep. <i>FASEB Journal</i> , 2009 , 23, 3629-36	0.9	68
119	Selective slow wave sleep but not rapid eye movement sleep suppression impairs morning glucose tolerance in healthy men. <i>Psychoneuroendocrinology</i> , 2013 , 38, 2075-82	5	66
118	Determinants of shortened, disrupted, and mistimed sleep and associated metabolic health consequences in healthy humans. <i>Diabetes</i> , 2015 , 64, 1073-80	0.9	63
117	Experimenter gender and replicability in science. <i>Science Advances</i> , 2018 , 4, e1701427	14.3	62
116	Comparable sensitivity of postmenopausal and young women to the effects of intranasal insulin on food intake and working memory. <i>Journal of Clinical Endocrinology and Metabolism</i> , 2010 , 95, E468-72	5.6	55
115	Acute sleep loss results in tissue-specific alterations in genome-wide DNA methylation state and metabolic fuel utilization in humans. <i>Science Advances</i> , 2018 , 4, eaar8590	14.3	53
114	Acute sleep deprivation has no lasting effects on the human antibody titer response following a novel influenza A H1N1 virus vaccination. <i>BMC Immunology</i> , 2012 , 13, 1	3.7	53
113	Intranasal insulin in Alzheimer β disease: Food for thought. <i>Neuropharmacology</i> , 2018 , 136, 196-201	5.5	53
112	Acute sleep deprivation increases serum levels of neuron-specific enolase (NSE) and S100 calcium binding protein B (S-100B) in healthy young men. <i>Sleep</i> , 2014 , 37, 195-8	1.1	52
111	Insulin Resistance as a Therapeutic Target in the Treatment of Alzheimer β Disease: A State-of-the-Art Review. <i>Frontiers in Neuroscience</i> , 2018 , 12, 215	5.1	50
110	Manipulating central nervous mechanisms of food intake and body weight regulation by intranasal administration of neuropeptides in man. <i>Physiology and Behavior</i> , 2004 , 83, 55-64	3.5	50
109	Central insulin administration improves odor-cued reactivation of spatial memory in young men. <i>Journal of Clinical Endocrinology and Metabolism</i> , 2015 , 100, 212-9	5.6	46
108	Acute sleep deprivation increases food purchasing in men. <i>Obesity</i> , 2013 , 21, E555-60	8	45
107	Insomnia, anxiety, and depression during the COVID-19 pandemic: an international collaborative study. <i>Sleep Medicine</i> , 2021 , 87, 38-45	4.6	45
106	A Key Role of Insulin Receptors in Memory. <i>Diabetes</i> , 2015 , 64, 3653-5	0.9	41
105	Towards the therapeutic use of intranasal neuropeptide administration in metabolic and cognitive disorders. <i>Regulatory Peptides</i> , 2008 , 149, 79-83		40
104	Intranasal insulin reduces olfactory sensitivity in normosmic humans. <i>Journal of Clinical Endocrinology and Metabolism</i> , 2013 , 98, E1626-30	5.6	39
103	Two hours of evening reading on a self-luminous tablet vs. reading a physical book does not alter sleep after daytime bright light exposure. <i>Sleep Medicine</i> , 2016 , 23, 111-118	4.6	39

102	A single night of partial sleep loss impairs fasting insulin sensitivity but does not affect cephalic phase insulin release in young men. <i>Journal of Sleep Research</i> , 2016 , 25, 5-10	5.8	38
101	Diurnal rhythm of circulating nicotinamide phosphoribosyltransferase (Nampt/visfatin/PBEF): impact of sleep loss and relation to glucose metabolism. <i>Journal of Clinical Endocrinology and Metabolism</i> , 2012 , 97, E218-22	5.6	37
100	Acute sleep deprivation in healthy young men: impact on population diversity and function of circulating neutrophils. <i>Brain, Behavior, and Immunity</i> , 2014 , 41, 162-72	16.6	35
99	Associations of self-reported sleep disturbance and duration with academic failure in community-dwelling Swedish adolescents: sleep and academic performance at school. <i>Sleep Medicine</i> , 2015 , 16, 87-93	4.6	34
98	The fat mass and obesity gene is linked to reduced verbal fluency in overweight and obese elderly men. <i>Neurobiology of Aging</i> , 2011 , 32, 1159.e1-5	5.6	32
97	Manipulating central nervous mechanisms of food intake and body weight regulation by intranasal administration of neuropeptides in man. <i>Physiology and Behavior</i> , 2004 , 83, 55-64	3.5	31
96	Aiding sleep in type 2 diabetes: therapeutic considerations. <i>Lancet Diabetes and Endocrinology</i> , 2018 , 6, 60-68	18.1	30
95	An obesity-associated risk allele within the FTO gene affects human brain activity for areas important for emotion, impulse control and reward in response to food images. <i>European Journal of Neuroscience</i> , 2016 , 43, 1173-80	3.5	30
94	Early morning rise in hypothalamic-pituitary-adrenal activity: a role for maintaining the brain energy balance. <i>Psychoneuroendocrinology</i> , 2009 , 34, 455-62	5	30
93	Sleep enhances serum interleukin-7 concentrations in humans. <i>Brain, Behavior, and Immunity</i> , 2007 , 21, 1058-62	16.6	30
92	Fat mass and obesity-associated gene (FTO) is linked to higher plasma levels of the hunger hormone ghrelin and lower serum levels of the satiety hormone leptin in older adults. <i>Diabetes</i> , 2014 , 63, 3955-9	0.9	29
91	Effects of acute sleep loss on diurnal plasma dynamics of CNS health biomarkers in young men. <i>Neurology</i> , 2020 , 94, e1181-e1189	6.5	29
90	An epigenetic clock for human skeletal muscle. <i>Journal of Cachexia, Sarcopenia and Muscle</i> , 2020 , 11, 887-898	10.3	29
89	Watching TV and food intake: the role of content. <i>PLoS ONE</i> , 2014 , 9, e100602	3.7	28
88	Immediate but not long-term intranasal administration of insulin raises blood pressure in human beings. <i>Metabolism: Clinical and Experimental</i> , 2005 , 54, 1356-61	12.7	28
87	Higher resting-state activity in reward-related brain circuits in obese versus normal-weight females independent of food intake. <i>International Journal of Obesity</i> , 2016 , 40, 1687-1692	5.5	27
86	Gut protein uptake and mechanisms of meal-induced cortisol release. <i>Journal of Clinical Endocrinology and Metabolism</i> , 2005 , 90, 1692-6	5.6	26
85	Increased impulsivity in response to food cues after sleep loss in healthy young men. <i>Obesity</i> , 2014 , 22, 1786-91	8	25

84	Roux-en Y gastric bypass surgery induces genome-wide promoter-specific changes in DNA methylation in whole blood of obese patients. <i>PLoS ONE</i> , 2015 , 10, e0115186	3.7	25
83	Sleep restriction alters plasma endocannabinoids concentrations before but not after exercise in humans. <i>Psychoneuroendocrinology</i> , 2016 , 74, 258-268	5	25
82	Resting-State Brain and the FTO Obesity Risk Allele: Default Mode, Sensorimotor, and Salience Network Connectivity Underlying Different Somatosensory Integration and Reward Processing between Genotypes. <i>Frontiers in Human Neuroscience</i> , 2016 , 10, 52	3.3	23
81	Association between shift work history and performance on the trail making test in middle-aged and elderly humans: the EpiHealth study. <i>Neurobiology of Aging</i> , 2016 , 45, 23-29	5.6	23
80	A Genetic Risk Score Is Associated with Weight Loss Following Roux-en Y Gastric Bypass Surgery. <i>Obesity Surgery</i> , 2016 , 26, 2183-2189	3.7	22
79	Central Nervous Insulin Signaling in Sleep-Associated Memory Formation and Neuroendocrine Regulation. <i>Neuropsychopharmacology</i> , 2016 , 41, 1540-50	8.7	21
78	Could a good night's sleep improve COVID-19 vaccine efficacy?. <i>Lancet Respiratory Medicine</i> , 2021 , 9, 447-448	35.1	20
77	A narrative review of interventions for improving sleep and reducing circadian disruption in medical inpatients. <i>Sleep Medicine</i> , 2019 , 59, 42-50	4.6	17
76	Postprandial alterations in whole-blood DNA methylation are mediated by changes in white blood cell composition. <i>American Journal of Clinical Nutrition</i> , 2016 , 104, 518-25	7	16
75	Late-life alcohol consumption and cognitive function in elderly men. <i>Age</i> , 2014 , 36, 243-9		16
74	Insulin to treat Alzheimer's disease: just follow your nose?. <i>Expert Review of Clinical Pharmacology</i> , 2012 , 5, 17-20	3.8	16
73	Detailed analysis of variants in FTO in association with body composition in a cohort of 70-year-olds suggests a weakened effect among elderly. <i>PLoS ONE</i> , 2011 , 6, e20158	3.7	15
72	Modulation of food intake by glucose in patients with type 2 diabetes. <i>Diabetes Care</i> , 2005 , 28, 2884-9	14.6	14
71	Intranasal insulin decreases circulating cortisol concentrations during early sleep in elderly humans. <i>Neurobiology of Aging</i> , 2017 , 54, 170-174	5.6	13
70	The role of exercise-induced peripheral factors in sleep regulation. <i>Molecular Metabolism</i> , 2020 , 42, 101096	11.8	13
69	Recurrent Sleep Fragmentation Induces Insulin and Neuroprotective Mechanisms in Middle-Aged Flies. <i>Frontiers in Aging Neuroscience</i> , 2016 , 8, 180	5.3	13
68	A single night of sleep loss impairs objective but not subjective working memory performance in a sex-dependent manner. <i>Journal of Sleep Research</i> , 2019 , 28, e12651	5.8	13
67	The Role of FTO and Vitamin D for the Weight Loss Effect of Roux-en-Y Gastric Bypass Surgery in Obese Patients. <i>Obesity Surgery</i> , 2015 , 25, 2071-7	3.7	12

66	Acute sleep deprivation delays the glucagon-like peptide 1 peak response to breakfast in healthy men. <i>Nutrition and Diabetes</i> , 2013 , 3, e78	4.7	12
65	Sweet taste perception not altered after acute sleep deprivation in healthy young men. <i>Somnologie</i> , 2013 , 17, 111-114	2	11
64	Calorie anticipation alters food intake after low-caloric not high-caloric preloads. <i>Obesity</i> , 2013 , 21, 1548-53		11
63	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	3	11
62	Learning and sleep-dependent consolidation of spatial and procedural memories are unaltered in young men under a fixed short sleep schedule. <i>Neurobiology of Learning and Memory</i> , 2016 , 131, 87-94	3.1	10
61	A genetic risk score is significantly associated with statin therapy response in the elderly population. <i>Clinical Genetics</i> , 2017 , 91, 379-385	4	10
60	Social Jetlag Changes During the COVID-19 Pandemic as a Predictor of Insomnia - A Multi-National Survey Study. <i>Nature and Science of Sleep</i> , 2021 , 13, 1711-1722	3.6	10
59	Associations between chronotype, MTNR1B genotype and risk of type 2 diabetes in UK Biobank. <i>Journal of Internal Medicine</i> , 2020 , 287, 189-196	10.8	10
58	Metabolic and Cognitive Outcomes of Subchronic Once-Daily Intranasal Insulin Administration in Healthy Men. <i>Frontiers in Endocrinology</i> , 2018 , 9, 663	5.7	10
57	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> , 2021 ,	1.1	10
56	Associations Between the Prevalence of Metabolic Syndrome and Sleep Parameters Vary by Age. <i>Frontiers in Endocrinology</i> , 2018 , 9, 234	5.7	9
55	Human obesity: FTO, IRX3, or both?. <i>Molecular Metabolism</i> , 2014 , 3, 505-6	8.8	9
54	Short Sleep Makes Declarative Memories Vulnerable to Stress in Humans. <i>Sleep</i> , 2015 , 38, 1861-8	1.1	9
53	Meal and Sleep Timing before and during the COVID-19 Pandemic: A Cross-Sectional Anonymous Survey Study from Sweden. <i>Clocks & Sleep</i> , 2021 , 3, 251-258	2.9	9
52	Efficacy of antibody-based therapies to treat Alzheimer's disease: just a matter of timing?. <i>Experimental Gerontology</i> , 2014 , 57, 104-6	4.5	8
51	Patients lacking sustainable long-term weight loss after gastric bypass surgery show signs of decreased inhibitory control of prepotent responses. <i>PLoS ONE</i> , 2015 , 10, e0119896	3.7	8
50	Effects of daytime food intake on memory consolidation during sleep or sleep deprivation. <i>PLoS ONE</i> , 2012 , 7, e40298	3.7	8
49	Sleep characteristics and HbA1c in patients with type 2 diabetes on glucose-lowering medication. <i>BMJ Open Diabetes Research and Care</i> , 2020 , 8,	4.5	8

48	Association between Healthy Dietary Patterns and Self-Reported Sleep Disturbances in Older Men: The ULSAM Study. <i>Nutrients</i> , 2019 , 11,	6.7	7
47	The influence of active and passive smoking during pregnancy on umbilical cord blood levels of vitamins A and E and neonatal anthropometric indices. <i>British Journal of Nutrition</i> , 2012 , 108, 1341-5	3.6	7
46	Neural correlates of olfactory and visual memory performance in 3D-simulated mazes after intranasal insulin application. <i>Neurobiology of Learning and Memory</i> , 2016 , 134 Pt B, 256-63	3.1	7
45	Association Between Self-Reported Sleep Duration and Body Composition in Middle-Aged and Older Adults. <i>Journal of Clinical Sleep Medicine</i> , 2019 , 15, 431-435	3.1	7
44	Self-reported sleep disturbances and prostate cancer morbidity and mortality in Swedish men: A longitudinal study over 40 years. <i>Journal of Sleep Research</i> , 2018 , 27, e12708	5.8	6
43	Learning performance is linked to procedural memory consolidation across both sleep and wakefulness. <i>Scientific Reports</i> , 2017 , 7, 10234	4.9	6
42	Are You Sure? Confidence about the Satiating Capacity of a Food Affects Subsequent Food Intake. <i>Nutrients</i> , 2015 , 7, 5088-97	6.7	6
41	Sleep and circadian rhythms: pillars of health-a Keystone Symposia report. <i>Annals of the New York Academy of Sciences</i> , 2021 ,	6.5	6
40	Bed and rise times during the Age of Enlightenment: A case report. <i>Journal of Sleep Research</i> , 2019 , 28, e12862	5.8	5
39	Acute sleep loss induces signs of visual discomfort in young men. <i>Journal of Sleep Research</i> , 2019 , 28, e12837	5.8	5
38	Odor Sensitivity After Intranasal Insulin Application Is Modulated by Gender. <i>Frontiers in Endocrinology</i> , 2018 , 9, 580	5.7	5
37	Disturbances in sleep, circadian rhythms and daytime functioning in relation to coronavirus infection and Long-COVID - A multinational ICOS study.. <i>Journal of Sleep Research</i> , 2021 , e13542	5.8	4
36	Association between sleep duration and executive function differs between diabetic and non-diabetic middle-aged and older adults. <i>Psychoneuroendocrinology</i> , 2020 , 111, 104472	5	4
35	Increased Risk of Myocardial Infarction Among Patients With Type 2 Diabetes Who Carry the Common rs10830963 Variant in the Gene. <i>Diabetes Care</i> , 2020 , 43, 2289-2292	14.6	3
34	Antihypertensive medication prior to nocturnal sleep reduces the risk of new-onset type 2 diabetes in hypertensive patients: a role for slow-wave sleep?. <i>Diabetologia</i> , 2016 , 59, 390-1	10.3	3
33	Comment on Laker et al. Exercise prevents maternal high-fat diet-induced hypermethylation of the pgc-1 gene and age-dependent metabolic dysfunction in the offspring. <i>Diabetes</i> 2014;63:1605-1611. <i>Diabetes</i> , 2014 , 63, e5	0.9	3
32	Healthcare systems never sleep: are medical residents today the patients of tomorrow?. <i>Sleep Medicine</i> , 2012 , 13, 965	4.6	3
31	Sleep in Female Healthcare Workers during COVID-19: A Cross-Sectional Survey Study in Sweden during the Flattening of the First Wave of the Pandemic. <i>Annals of the American Thoracic Society</i> , 2021 , 18, 1418-1420	4.7	3

30	A DNA methylation site within the KLF13 gene is associated with orexigenic processes based on neural responses and ghrelin levels. <i>International Journal of Obesity</i> , 2017 , 41, 990-994	5.5	2
29	Television watching and effects on food intake: distress vs eustress. <i>JAMA Internal Medicine</i> , 2015 , 175, 468	11.5	2
28	Growth hormone-releasing hormone improves cognitive function in older adults: sleep on it. <i>JAMA Neurology</i> , 2013 , 70, 529	17.2	2
27	Reverse Dipping of Systolic Blood Pressure Is Associated With Increased Dementia Risk in Older Men: A Longitudinal Study Over 24 Years. <i>Hypertension</i> , 2021 , 77, 1383-1390	8.5	2
26	Does the Common Type 2 Diabetes-Susceptibility Variant in the MTNR1B Gene Matter for Glycemic Control Among Patients on Antidiabetic Pharmacotherapy?. <i>Mayo Clinic Proceedings</i> , 2021 , 96, 1372-1374	6.4	2
25	Seasonal variations in sleep duration and sleep complaints: A Swedish cohort study in middle-aged and older individuals. <i>Journal of Sleep Research</i> , 2021 , e13453	5.8	2
24	Sex matters: Report experimenter gender. <i>Science</i> , 2017 , 356, 916-917	33.3	1
23	Link between short sleep and obesity in humans: a matter of age?. <i>Chest</i> , 2013 , 144, 711	5.3	1
22	An epigenetic clock for human skeletal muscle		1
21	Self-reported difficulty initiating sleep and early morning awakenings are associated with nocturnal diastolic non-dipping in older white Swedish men. <i>Scientific Reports</i> , 2020 , 10, 13355	4.9	1
20	Association between pet ownership and sleep in the Swedish CARDioPulmonary bioImage Study (SCAPIS). <i>Scientific Reports</i> , 2021 , 11, 7468	4.9	1
19	Sleep duration regularity as a predictor of the cardiovascular response to acute exercise. <i>Sleep</i> , 2021 , 44,	1.1	1
18	Response to comment on "A narrative review of interventions for improving sleep and reducing circadian disruption in medical inpatients". <i>Sleep Medicine</i> , 2019 , 59, 53	4.6	1
17	The influence of acute partial sleep deprivation on liking, choosing and consuming high- and low-energy foods. <i>Food Quality and Preference</i> , 2021 , 88, 104074	5.8	1
16	Chronotype preference and glycemic control in type 2 diabetes. <i>Sleep</i> , 2021 , 44,	1.1	1
15	Acute sleep loss alters circulating fibroblast growth factor 21 levels in humans: A randomised crossover trial. <i>Journal of Sleep Research</i> , 2021 , e13472	5.8	1
14	Self-reported regular daytime napping is associated with indicators of poor type 2 diabetes control: a cohort study. <i>Diabetes, Obesity and Metabolism</i> , 2021 ,	6.7	1
13	Lack of association between self-reported insomnia symptoms and clamp-derived insulin sensitivity in elderly men. <i>Psychoneuroendocrinology</i> , 2019 , 102, 256-260	5	0

12	Compromised sleep increases food intake in humans: two sexes, same response?. <i>American Journal of Clinical Nutrition</i> , 2012 , 95, 531; author reply 531-2	7	o
11	No association between a common type 2 diabetes risk gene variant in the melatonin receptor gene (MTNR1B) and mortality among type 2 diabetes patients.. <i>Journal of Pineal Research</i> , 2021 , e12785 ^{10.4}	10.4	o
10	Effects of curtailed sleep on cardiac stress biomarkers following high-intensity exercise.. <i>Molecular Metabolism</i> , 2022 , 101445	8.8	o
9	Oral Antidiabetics and Sleep Among Type 2 Diabetes Patients: Data From the UK Biobank. <i>Frontiers in Endocrinology</i> , 2021 , 12, 763138	5.7	o
8	Gut microbiome as a therapeutic target in the treatment of sleep disorders: where we are. <i>Sleep Medicine Reviews</i> , 2021 , 60, 101547	10.2	o
7	How Sleep-Deprived People See and Evaluate Others' Faces: An Experimental Study.. <i>Nature and Science of Sleep</i> , 2022 , 14, 867-876	3.6	o
6	Association between high-glycemic diet and cerebral amyloid burden: a possible role for sleep. <i>American Journal of Clinical Nutrition</i> , 2018 , 107, 480	7	
5	Sleep duration and energy intake: timing matters. <i>American Journal of Clinical Nutrition</i> , 2014 , 100, 1402-3		
4	Interindividual variance in adult hippocampal neurogenesis: a matter of lifestyle?. <i>Hippocampus</i> , 2013 , 23, 1484-5	3.5	
3	Schlafrestriktion Ein gewichtiges Problem. <i>Adipositas - Ursachen Folgeerkrankungen Therapie</i> , 2014 , 08, 95-99	0.2	
2	To sleep or not to sleep: do we forget our patient's sleep?. <i>Archives of Internal Medicine</i> , 2012 , 172, 746; author reply 746-7		
1	0011 Acute Sleep Leads To Tissue-specific Epigenetic And Transcriptional Responses In Healthy Humans. <i>Sleep</i> , 2018 , 41, A5-A5	1.1	