

Mikael Sallinen

List of Publications by Year in descending order

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Version: 2024-02-01

71
papers

3,318
citations

159525

30
h-index

149623

56
g-index

78
all docs

78
docs citations

78
times ranked

4084
citing authors

#	ARTICLE	IF	CITATIONS
1	Sleep Restriction Increases the Risk of Developing Cardiovascular Diseases by Augmenting Proinflammatory Responses through IL-17 and CRP. PLoS ONE, 2009, 4, e4589.	1.1	353
2	Shift work, sleep, and sleepiness - differences between shift schedules and systems. Scandinavian Journal of Work, Environment and Health, 2010, 36, 121-133.	1.7	293
3	Estimating Brain Load from the EEG. Scientific World Journal, The, 2009, 9, 639-651.	0.8	202
4	Self-reported sleep duration and cognitive functioning in the general population. Journal of Sleep Research, 2009, 18, 436-446.	1.7	174
5	Processing of auditory stimuli during tonic and phasic periods of REM sleep as revealed by event-related brain potentials. Journal of Sleep Research, 1996, 5, 220-228.	1.7	172
6	Promoting alertness with a short nap during a night shift. Journal of Sleep Research, 1998, 7, 240-247.	1.7	161
7	Developing register-based measures for assessment of working time patterns for epidemiologic studies. Scandinavian Journal of Work, Environment and Health, 2015, 41, 268-279.	1.7	98
8	Sleep-wake rhythm in an irregular shift system. Journal of Sleep Research, 2003, 12, 103-112.	1.7	86
9	Is the appearance of mismatch negativity during stage 2 sleep related to the elicitation of K-complex?. Electroencephalography and Clinical Neurophysiology, 1994, 91, 140-148.	0.3	85
10	Sleep disturbances as a predictor of occupational injuries among public sector workers. Journal of Sleep Research, 2010, 19, 207-213.	1.7	85
11	Prolonged Sleep Restriction Affects Glucose Metabolism in Healthy Young Men. International Journal of Endocrinology, 2010, 2010, 1-7.	0.6	83
12	Long-term exposure to noise impairs cortical sound processing and attention control. Psychophysiology, 2004, 41, 875-881.	1.2	78
13	Prolonged sleep restriction induces changes in pathways involved in cholesterol metabolism and inflammatory responses. Scientific Reports, 2016, 6, 24828.	1.6	72
14	Partial Sleep Restriction Activates Immune Response-Related Gene Expression Pathways: Experimental and Epidemiological Studies in Humans. PLoS ONE, 2013, 8, e77184.	1.1	72
15	Pharmacological interventions for sleepiness and sleep disturbances caused by shift work. The Cochrane Library, 2014, 2014, CD009776.	1.5	69
16	Interaction of Age With Shift-Related Sleep-Wakefulness, Sleepiness, Performance, and Social Life. Experimental Aging Research, 2006, 32, 185-208.	0.6	67
17	Sleep restriction for the duration of a work week impairs multitasking performance. Journal of Sleep Research, 2010, 19, 444-454.	1.7	62
18	How to schedule night shift work in order to reduce health and safety risks. Scandinavian Journal of Work, Environment and Health, 2020, 46, 557-569.	1.7	62

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19	The effects of sleep debt and monotonous work on sleepiness and performance during a 12-h dayshift. <i>Journal of Sleep Research</i> , 2004, 13, 285-294.	1.7	51
20	Lifestyle counseling to reduce body weight and cardiometabolic risk factors among truck and bus drivers – a randomized controlled trial. <i>Scandinavian Journal of Work, Environment and Health</i> , 2015, 41, 54-64.	1.7	50
21	Sleep, alertness and alertness management among commercial airline pilots on short-haul and long-haul flights. <i>Accident Analysis and Prevention</i> , 2017, 98, 320-329.	3.0	49
22	Recovery of Cognitive Performance from Sleep Debt: Do a Short Rest Pause and a Single Recovery Night Help?. <i>Chronobiology International</i> , 2008, 25, 279-296.	0.9	48
23	Mismatch negativity during objective and subjective sleepiness. <i>Psychophysiology</i> , 1997, 34, 694-702.	1.2	44
24	Genome-wide association study of sleep duration in the Finnish population. <i>Journal of Sleep Research</i> , 2014, 23, 609-618.	1.7	44
25	Sleepiness in Various Shift Combinations of Irregular Shift Systems. <i>Industrial Health</i> , 2005, 43, 114-122.	0.4	43
26	Cognitive behavioral therapy for shift workers with chronic insomnia. <i>Sleep Medicine</i> , 2012, 13, 1238-1246.	0.8	43
27	Fatigue in transport: a review of exposure, risks, checks and controls. <i>Transport Reviews</i> , 2017, 37, 742-766.	4.7	40
28	Person-directed, non-pharmacological interventions for sleepiness at work and sleep disturbances caused by shift work. <i>The Cochrane Library</i> , 2016, 2016, CD010641.	1.5	36
29	Relationship of P300 single-trial responses with reaction time and preceding stimulus sequence. <i>International Journal of Psychophysiology</i> , 2006, 61, 244-252.	0.5	35
30	Association of job strain with working hours, shift-dependent perceived workload, sleepiness and recovery. <i>Ergonomics</i> , 2013, 56, 1640-1651.	1.1	35
31	Sleep and alertness in shift work disorder: findings of a field study. <i>International Archives of Occupational and Environmental Health</i> , 2019, 92, 523-533.	1.1	35
32	Job Strain, Sleep and Alertness in Shift Working Health Care Professionals – A Field Study. <i>Industrial Health</i> , 2013, 51, 406-416.	0.4	31
33	Heart Rate Variability for Evaluating Vigilant Attention in Partial Chronic Sleep Restriction. <i>Sleep</i> , 2014, 37, 1257-1267.	0.6	30
34	Precursors of the evoked K-complex in event-related brain potentials in stage 2 sleep. <i>Electroencephalography and Clinical Neurophysiology</i> , 1997, 102, 363-373.	0.3	28
35	Work-related factors, sleep debt and insomnia in IT professionals. <i>Occupational Medicine</i> , 2008, 58, 138-140.	0.8	26
36	Psychomotor slowness is associated with self-reported sleep duration among the general population. <i>Journal of Sleep Research</i> , 2011, 20, 288-297.	1.7	26

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37	The Association of Social Support at Work and in Private Life With Sleeping Problems in the Finnish Health 2000 Study. <i>Journal of Occupational and Environmental Medicine</i> , 2010, 52, 54-61.	0.9	23
38	Characteristics of working hours and the risk of occupational injuries among hospital employees: a case-crossover study. <i>Scandinavian Journal of Work, Environment and Health</i> , 2020, 46, 570-578.	1.7	23
39	Physiological and autonomic stress responses after prolonged sleep restriction and subsequent recovery sleep in healthy young men. <i>Sleep and Biological Rhythms</i> , 2018, 16, 45-54.	0.5	21
40	Cognitive behavioural therapy interventions for insomnia among shift workers: RCT in an occupational health setting. <i>International Archives of Occupational and Environmental Health</i> , 2020, 93, 535-550.	1.1	20
41	Effects of 60 hours of total sleep deprivation on two methods of high-speed ship navigation. <i>Ergonomics</i> , 2009, 52, 1469-1486.	1.1	19
42	Cognitive behavioral therapy for chronic insomnia in occupational health services: Analyses of outcomes up to 24 months post-treatment. <i>Behaviour Research and Therapy</i> , 2014, 56, 16-21.	1.6	18
43	Lifestyle counseling in overweight truck and bus drivers - Effects on dietary patterns and physical activity. <i>Preventive Medicine Reports</i> , 2016, 4, 435-440.	0.8	16
44	Effects of cumulative sleep restriction on self-perceptions while multitasking. <i>Journal of Sleep Research</i> , 2013, 22, 273-281.	1.7	15
45	Fatigue-Inducing Factors in Transportation Operators. <i>Reviews of Human Factors and Ergonomics</i> , 2015, 10, 138-173.	0.5	13
46	Sleep and satisfaction in 8- and 12-h forward-rotating shift systems: Industrial employees prefer 12-h shifts. <i>Chronobiology International</i> , 2016, 33, 768-775.	0.9	13
47	A Large-Scale European Union Study of Aircrew Fatigue During Long Night and Disruptive Duties. <i>Aerospace Medicine and Human Performance</i> , 2020, 91, 628-635.	0.2	13
48	Job strain and vagal recovery during sleep in shift working health care professionals. <i>Chronobiology International</i> , 2014, 31, 1179-1189.	0.9	12
49	Association of Job Strain With Cortisol and Alpha-Amylase Among Shift-Working Health Care Professionals in Laboratory and Field. <i>Biological Research for Nursing</i> , 2016, 18, 101-112.	1.0	11
50	Are long-haul truck drivers unusually alert? A comparison with long-haul airline pilots. <i>Accident Analysis and Prevention</i> , 2020, 137, 105442.	3.0	11
51	Cognitive Behavior Therapy for Chronic Insomnia in Occupational Health Services. <i>Journal of Occupational Rehabilitation</i> , 2012, 22, 511-521.	1.2	9
52	The Vicious Circle of Working Hours, Sleep, and Recovery in Expert Work. <i>International Journal of Environmental Research and Public Health</i> , 2018, 15, 1361.	1.2	9
53	Recurrent On-Duty Sleepiness and Alertness Management Strategies in Long-Haul Airline Pilots. <i>Aerospace Medicine and Human Performance</i> , 2018, 89, 601-608.	0.2	7
54	Sleep and sleepiness in shift-working tram drivers. <i>Applied Ergonomics</i> , 2020, 88, 103153.	1.7	7

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55	Acute and cumulative effects of scheduling on aircrew fatigue in ultra-short-haul operations. <i>Journal of Sleep Research</i> , 2021, 30, e13305.	1.7	7
56	The self-reported causes of sleepiness in shift-working tram and truck drivers. <i>Transportation Research Part F: Traffic Psychology and Behaviour</i> , 2021, 78, 153-163.	1.8	7
57	Rest breaks – a countermeasure for work-related injuries?. <i>Scandinavian Journal of Work, Environment and Health</i> , 2014, 40, 105-108.	1.7	7
58	Adaptation of shift work schedules for preventing and treating sleepiness and sleep disturbances caused by shift work. <i>The Cochrane Library</i> , 0, , .	1.5	6
59	Accumulation of sleep loss among shift-working truck drivers. <i>Chronobiology International</i> , 2021, 38, 1344-1353.	0.9	6
60	Behaviorally Induced Insufficient Sleep. <i>Sleep Medicine Clinics</i> , 2012, 7, 313-323.	1.2	5
61	Pharmacological interventions for sleepiness and sleep disturbances caused by shift work. <i>Sao Paulo Medical Journal</i> , 2015, 133, 67-67.	0.4	5
62	National recommendations for shift scheduling in healthcare: A 5-year prospective cohort study on working hour characteristics. <i>International Journal of Nursing Studies</i> , 2022, 134, 104321.	2.5	5
63	Fatal Road Accidents among Finnish Military Conscripts: Fatigue-Impaired Driving. <i>Military Medicine</i> , 2007, 172, 1204-1210.	0.4	4
64	Self-reported reasons for on-duty sleepiness among commercial airline pilots. <i>Chronobiology International</i> , 2021, 38, 1308-1318.	0.9	4
65	Can we cope with a shortage of time at work?. <i>Scandinavian Journal of Work, Environment and Health</i> , 2003, 29, 325-327.	1.7	4
66	On-Road Study of Fatigue Management Strategies in Long-Haul Truck Drivers. <i>Proceedings of the Human Factors and Ergonomics Society</i> , 2014, 58, 2122-2125.	0.2	3
67	Salivary cortisol and alpha-amylase: Is there consistency between psychosocial stress test and burdensome work shifts?. <i>Journal of Occupational and Environmental Hygiene</i> , 2017, 14, 1003-1010.	0.4	2
68	Sleep, sleepiness and need for recovery of industrial employees after a change from an 8- to a 12-hour shift system. <i>Industrial Health</i> , 2021, 60, 146-153.	0.4	2
69	The self-reported stress and stressors in tram and long-haul truck drivers. <i>Applied Ergonomics</i> , 2022, 102, 103761.	1.7	2
70	Optimizing Shift Scheduling. , 2017, , 742-749.e4.		1
71	Shiftworkers'™ attitude to their work hours, positive or negative, and why?. <i>International Archives of Occupational and Environmental Health</i> , 2022, , 1.	1.1	1