

# Michal Å motek

## List of Publications by Year in descending order

Source: <https://exaly.com/author-pdf/7517145/publications.pdf>

Version: 2024-02-01

8

papers

118

citations

1307594

7

h-index

1372567

10

g-index

11

all docs

11

docs citations

11

times ranked

156

citing authors

#	ARTICLE	IF	CITATIONS
1	Evening and night exposure to screens of media devices and its association with subjectively perceived sleep: Should "light hygiene" be given more attention?. <i>Sleep Health</i> , 2020, 6, 498-505.	2.5	26
2	Subjective "objective sleep discrepancy in patients with insomnia during and after cognitive behavioural therapy: An actigraphy study. <i>Journal of Sleep Research</i> , 2020, 29, e13064.	3.2	22
3	Block the light and sleep well: Evening blue light filtration as a part of cognitive behavioral therapy for insomnia. <i>Chronobiology International</i> , 2020, 37, 248-259.	2.0	21
4	Objective and Subjective Characteristics of Vigilance under Different Narrow-Bandwidth Light Conditions: Do Shorter Wavelengths Have an Alertness-Enhancing Effect?. <i>Neuropsychobiology</i> , 2019, 78, 238-248.	1.9	14
5	Chronotype and social jet-lag in relation to body weight, appetite, sleep quality and fatigue. <i>Biological Rhythm Research</i> , 2021, 52, 1205-1216.	0.9	13
6	The Effects of Daytime Psilocybin Administration on Sleep: Implications for Antidepressant Action. <i>Frontiers in Pharmacology</i> , 2020, 11, 602590.	3.5	11
7	Weight loss in conservative treatment of obesity in women is associated with physical activity and circadian phenotype: a longitudinal observational study. <i>BioPsychoSocial Medicine</i> , 2019, 13, 24.	2.1	8
8	Identification and monitoring of traffic operators' fatigue level. , 2020, , .		0