Michal Å motek

List of Publications by Year in descending order

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

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8	118	7	10
papers	citations	h-index	g-index
11	11	11	156
all docs	docs citations	times ranked	citing authors

#	Article	IF	CITATIONS
1	Chronotype and social jet-lag in relation to body weight, apetite, sleep quality and fatigue. Biological Rhythm Research, 2021, 52, 1205-1216.	0.4	13
2	Block the light and sleep well: Evening blue light filtration as a part of cognitive behavioral therapy for insomnia. Chronobiology International, 2020, 37, 248-259.	0.9	21
3	Identification and monitoring of traffic operators' fatigue level. , 2020, , .		O
4	The Effects of Daytime Psilocybin Administration on Sleep: Implications for Antidepressant Action. Frontiers in Pharmacology, 2020, 11, 602590.	1.6	11
5	Subjective–objective sleep discrepancy in patients with insomnia during and after cognitive behavioural therapy: An actigraphy study. Journal of Sleep Research, 2020, 29, e13064.	1.7	22
6	Evening and night exposure to screens of media devices and its association with subjectively perceived sleep: Should "light hygiene―be given more attention?. Sleep Health, 2020, 6, 498-505.	1.3	26
7	Objective and Subjective Characteristics of Vigilance under Different Narrow-Bandwidth Light Conditions: Do Shorter Wavelengths Have an Alertness-Enhancing Effect?. Neuropsychobiology, 2019, 78, 238-248.	0.9	14
8	Weight loss in conservative treatment of obesity in women is associated with physical activity and circadian phenotype: a longitudinal observational study. BioPsychoSocial Medicine, 2019, 13, 24.	0.9	8