

Christopher E Kline

List of Publications by Year in Descending Order

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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.

79
papers

2,382
citations

24
h-index

48
g-index

96
ext. papers

3,014
ext. citations

3.1
avg, IF

5.42
L-index

#	Paper	IF	Citations
79	Prevalence, Trends, and Correlates of Joint Patterns of Aerobic and Muscle-Strengthening Activity and Sleep Duration: A Pooled Analysis of 359,019 Adults in the National Health Interview Survey 2004-2018.. <i>Journal of Physical Activity and Health</i> , 2022 , 1-10	2.5	0
78	Exercise and Sleep 2022 , 317-328		1
77	Associations of Sleep With Sedentary Behavior and Physical Activity Patterns Across Pregnancy Trimesters. <i>Women's Health Issues</i> , 2021 , 31, 366-375	2.6	4
76	Bidirectional relationship between sleep and sedentary behavior in adults with overweight or obesity: A secondary analysis. <i>SLEEP Advances</i> , 2021 , 2, zpab004	2.8	0
75	Snoring severity is associated with carotid vascular remodeling in young adults with overweight and obesity. <i>Sleep Health</i> , 2021 , 7, 161-167	4	0
74	The impact of the covid-19 pandemic on lifestyle behaviors in U.S. college students. <i>Journal of American College Health</i> , 2021 , 1-6	2.2	3
73	The association between sleep health and weight change during a 12-month behavioral weight loss intervention. <i>International Journal of Obesity</i> , 2021 , 45, 639-649	5.5	5
72	Associations of Sedentary Time with Heart Rate and Heart Rate Variability in Adults: A Systematic Review and Meta-Analysis of Observational Studies. <i>International Journal of Environmental Research and Public Health</i> , 2021 , 18,	4.6	2
71	Physical activity and sleep: An updated umbrella review of the 2018 Physical Activity Guidelines Advisory Committee report. <i>Sleep Medicine Reviews</i> , 2021 , 58, 101489	10.2	14
70	The impact of circadian timing on energy balance: an extension of the energy balance model. <i>Health Psychology Review</i> , 2021 , 1-43	7.1	2
69	Sleep health mediates the relationship between physical activity and depression symptoms. <i>Sleep and Breathing</i> , 2021 , 1	3.1	1
68	Nightly Variation in Sleep Influences Self-efficacy for Adhering to a Healthy Lifestyle: A Prospective Study. <i>International Journal of Behavioral Medicine</i> , 2021 , 1	2.6	1
67	Vicarious Experience in Multi-Ethnic Study of Atherosclerosis (MESA) Is Associated with Greater Odds of Attaining the Recommended Leisure-Time Physical Activity Levels. <i>International Journal of Behavioral Medicine</i> , 2021 , 28, 575-582	2.6	0
66	Longitudinal Association Between Depressive Symptoms and Multidimensional Sleep Health: The SWAN Sleep Study. <i>Annals of Behavioral Medicine</i> , 2021 , 55, 641-652	4.5	3
65	Long-Acting Rilpivirine (RPV) Preexposure Prophylaxis Does Not Inhibit Vaginal Transmission of RPV-Resistant HIV-1 or Select for High-Frequency Drug Resistance in Humanized Mice. <i>Journal of Virology</i> , 2020 , 94,	6.6	5
64	Feasible but Not Yet Efficacious: A Scoping Review of Wearable Activity Monitors in Interventions Targeting Physical Activity, Sedentary Behavior, and Sleep. <i>Current Epidemiology Reports</i> , 2020 , 7, 25-38	2.9	13
63	Weight loss intervention through lifestyle modification or pharmacotherapy for obstructive sleep apnoea in adults. <i>The Cochrane Library</i> , 2020 ,	5.2	78

62	Does objectively-assessed sleep moderate the association between history of major depressive disorder and task-switching?. <i>Journal of Affective Disorders</i> , 2020 , 265, 216-223	6.6	2
61	Associations Between Sedentary Behavior And Steps With Heart Rate Variability In Desk Workers. <i>Medicine and Science in Sports and Exercise</i> , 2020 , 52, 564-564	1.2	
60	Ethnicity Differences in Sleep Changes Among Prehypertensive Adults Using a Smartphone Meditation App: Dose-Response Trial. <i>JMIR Formative Research</i> , 2020 , 4, e20501	2.5	1
59	Feasible but Not Yet Efficacious: a Scoping Review of Wearable Activity Monitors in Interventions Targeting Physical Activity, Sedentary Behavior, and Sleep 2020 , 7, 25		1
58	The association between physical activity and a composite measure of sleep health. <i>Sleep and Breathing</i> , 2020 , 24, 1207-1214	3.1	7
57	Multidimensional sleep health is not cross-sectionally or longitudinally associated with adiposity in the Study of Women's Health Across the Nation (SWAN). <i>Sleep Health</i> , 2020 , 6, 790-796	4	3
56	COVID-19 Impact on Behaviors across the 24-Hour Day in Children and Adolescents: Physical Activity, Sedentary Behavior, and Sleep. <i>Children</i> , 2020 , 7,	2.8	112
55	Field-based Measurement of Sleep: Agreement between Six Commercial Activity Monitors and a Validated Accelerometer. <i>Behavioral Sleep Medicine</i> , 2020 , 18, 637-652	4.2	16
54	Frequent restful sleep is associated with the absence of depressive symptoms and higher grade point average among college students. <i>Sleep Health</i> , 2020 , 6, 618-622	4	3
53	Wake up call for collegiate athlete sleep: narrative review and consensus recommendations from the NCAA Interassociation Task Force on Sleep and Wellness. <i>British Journal of Sports Medicine</i> , 2019 , 53, 731-736	10.3	96
52	Sleep and exercise 2019 , 257-267		1
51	Does obstructive sleep apnea affect exercise capacity and the hemodynamic response to exercise? An individual patient data and aggregate meta-analysis. <i>Sleep Medicine Reviews</i> , 2019 , 45, 42-53	10.2	12
50	Prospective associations among objectively and subjectively assessed sleep and the metabolic syndrome. <i>Sleep Medicine</i> , 2019 , 58, 1-6	4.6	12
49	Acute effects of aerobic exercise duration on blood pressure, pulse wave velocity and cerebral blood flow velocity in middle-aged adults. <i>Sport Sciences for Health</i> , 2019 , 15, 647-658	1.3	2
48	The Effect of Structured Exercise on Sleep During the Corresponding Night Among Older Women in an Exercise Program. <i>Journal of Aging and Physical Activity</i> , 2019 , 27, 482-488	1.6	1
47	The effect of moderate-intensity exercise on nightly variability in objectively measured sleep parameters among older women. <i>Behavioral Sleep Medicine</i> , 2019 , 17, 459-469	4.2	6
46	Sleep quality moderates the association between physical activity frequency and feelings of energy and fatigue in adolescents. <i>European Child and Adolescent Psychiatry</i> , 2018 , 27, 1425-1432	5.5	12
45	Cardiovascular Stress Reactivity and Carotid Intima-Media Thickness: The Buffering Role of Slow-Wave Sleep. <i>Psychosomatic Medicine</i> , 2018 , 80, 301-306	3.7	8

44	Poor Sleep Quality is Associated with Insulin Resistance in Postmenopausal Women With and Without Metabolic Syndrome. <i>Metabolic Syndrome and Related Disorders</i> , 2018 , 16, 183-189	2.6	14
43	Exercise during early pregnancy is associated with greater sleep continuity. <i>Behavioral Sleep Medicine</i> , 2018 , 16, 482-493	4.2	26
42	When does sedentary behavior become sleep? A proposed framework for classifying activity during sleep-wake transitions. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , 2018 , 15, 81	8.4	18
41	Effect of Using a Sit-Stand Desk on Ratings of Discomfort, Fatigue, and Sleepiness Across a Simulated Workday in Overweight and Obese Adults. <i>Journal of Physical Activity and Health</i> , 2018 , 15, 788-794	2.5	7
40	Bidirectional Relationships Between Weight Change and Sleep Apnea in a Behavioral Weight Loss Intervention. <i>Mayo Clinic Proceedings</i> , 2018 , 93, 1290-1298	6.4	8
39	Objective Sleep Duration Is Prospectively Associated With Endothelial Health. <i>Sleep</i> , 2017 , 40,	1.1	15
38	Exercise and Sleep ? 2017 ,		
37	0312 THE INSOMNIA SHORT-SLEEP PHENOTYPE: DOES ONE NIGHT OF LABORATORY SLEEP ACCURATELY CAPTURE THEIR HABITUAL SLEEP?. <i>Sleep</i> , 2017 , 40, A115-A116	1.1	1
36	Sleep-Wake Concordance in Couples Is Inversely Associated With Cardiovascular Disease Risk Markers. <i>Sleep</i> , 2017 , 40,	1.1	17
35	Associations of sedentary time and moderate-vigorous physical activity with sleep-disordered breathing and polysomnographic sleep in community-dwelling adults. <i>Sleep and Breathing</i> , 2017 , 21, 427-434	3.1	10
34	The Influence Of A Sit-stand Desk On Sleepiness, Physical Discomfort, Physical Fatigue And Mental Fatigue. <i>Medicine and Science in Sports and Exercise</i> , 2017 , 49, 844	1.2	2
33	Use of a Sit-Stand Desk Reduces Wake Time During the Subsequent Night's Sleep. <i>Medicine and Science in Sports and Exercise</i> , 2017 , 49, 854-855	1.2	2
32	The Effect of Changes in Cardiorespiratory Fitness and Weight on Obstructive Sleep Apnea Severity in Overweight Adults with Type 2 Diabetes. <i>Sleep</i> , 2016 , 39, 317-25	1.1	13
31	Greater bed- and wake-time variability is associated with less healthy lifestyle behaviors: a cross-sectional study. <i>Zeitschrift Fur Gesundheitswissenschaften</i> , 2016 , 24, 31-40	1.4	20
30	Circadian Phase-Shifting Effects of Bright Light, Exercise, and Bright Light + Exercise. <i>Journal of Circadian Rhythms</i> , 2016 , 14, 2	2.5	33
29	Bedtime Variability and Metabolic Health in Midlife Women: The SWAN Sleep Study. <i>Sleep</i> , 2016 , 39, 457-65	1.1	48
28	Insomnia and sleep apnea in midlife women: prevalence and consequences to health and functioning. <i>F1000prime Reports</i> , 2015 , 7, 63		24
27	Decline in cardiorespiratory fitness and odds of incident sleep complaints. <i>Medicine and Science in Sports and Exercise</i> , 2015 , 47, 960-6	1.2	29

26	Sitting and television viewing: novel risk factors for sleep disturbance and apnea risk? results from the 2013 National Sleep Foundation Sleep in America Poll. <i>Chest</i> , 2015 , 147, 728-734	5.3	26
25	The role of sleep hygiene in promoting public health: A review of empirical evidence. <i>Sleep Medicine Reviews</i> , 2015 , 22, 23-36	10.2	361
24	Author's response to Nicolau et al. <i>Journal of Women's Health</i> , 2015 , 24, 254-5	3	
23	Effects of Exercise on Sleep Among Young Women With Generalized Anxiety Disorder. <i>Mental Health and Physical Activity</i> , 2015 , 9, 59-66	5	24
22	Effects of exercise training on sleep apnea: a meta-analysis. <i>Lung</i> , 2014 , 192, 175-84	2.9	141
21	The bidirectional relationship between exercise and sleep: Implications for exercise adherence and sleep improvement. <i>American Journal of Lifestyle Medicine</i> , 2014 , 8, 375-379	1.9	141
20	A 24-hour approach to the study of health behaviors: temporal relationships between waking health behaviors and sleep. <i>Annals of Behavioral Medicine</i> , 2014 , 47, 189-97	4.5	24
19	Cross-sectional associations between multiple lifestyle behaviors and health-related quality of life in the 10,000 Steps cohort. <i>PLoS ONE</i> , 2014 , 9, e94184	3.7	47
18	Sleep hygiene behaviors among midlife women with insomnia or sleep-disordered breathing: the SWAN sleep study. <i>Journal of Women's Health</i> , 2014 , 23, 894-903	3	27
17	Does nighttime exercise really disturb sleep? Results from the 2013 National Sleep Foundation Sleep in America Poll. <i>Sleep Medicine</i> , 2014 , 15, 755-61	4.6	100
16	Prevalence of sleep deficiency in early gestation and its associations with stress and depressive symptoms. <i>Journal of Women's Health</i> , 2013 , 22, 1028-37	3	68
15	Blunted heart rate recovery is improved following exercise training in overweight adults with obstructive sleep apnea. <i>International Journal of Cardiology</i> , 2013 , 167, 1610-5	3.2	20
14	Racial differences in heart rate variability during sleep in women: the study of women across the nation sleep study. <i>Psychosomatic Medicine</i> , 2013 , 75, 783-90	3.7	11
13	Consistently high sports/exercise activity is associated with better sleep quality, continuity and depth in midlife women: the SWAN sleep study. <i>Sleep</i> , 2013 , 36, 1279-88	1.1	53
12	Exercise training improves selected aspects of daytime functioning in adults with obstructive sleep apnea. <i>Journal of Clinical Sleep Medicine</i> , 2012 , 8, 357-65	3.1	39
11	Dose-response effects of exercise training on the subjective sleep quality of postmenopausal women: exploratory analyses of a randomised controlled trial. <i>BMJ Open</i> , 2012 , 2,	3	60
10	The effect of exercise training on obstructive sleep apnea and sleep quality: a randomized controlled trial. <i>Sleep</i> , 2011 , 34, 1631-40	1.1	209
9	Bright light treatment for high-anxious young adults: a randomized controlled pilot study. <i>Depression and Anxiety</i> , 2011 , 28, 324-32	8.4	5

8	Self-reported long sleep in older adults is closely related to objective time in bed. <i>Sleep and Biological Rhythms</i> , 2010 , 8, 42-51	1.3	21
7	Lack of impairment in glucose tolerance: support for further investigation of sleep restriction in older long sleepers. <i>Journal of Sleep Research</i> , 2010 , 19, 116-7	5.8	4
6	Circadian rhythms of psychomotor vigilance, mood, and sleepiness in the ultra-short sleep/wake protocol. <i>Chronobiology International</i> , 2010 , 27, 161-80	3.6	27
5	Tolerance of chronic 90-minute time-in-bed restriction in older long sleepers. <i>Sleep</i> , 2009 , 32, 1467-79	1.1	20
4	No effect of 8-week time in bed restriction on glucose tolerance in older long sleepers. <i>Journal of Sleep Research</i> , 2008 , 17, 412-9	5.8	38
3	Circadian variation in swim performance. <i>Journal of Applied Physiology</i> , 2007 , 102, 641-9	3.7	91
2	Epidemiology of exercise and sleep. <i>Sleep and Biological Rhythms</i> , 2006 , 4, 215-221	1.3	103
1	Circadian Variation in Swim Performance. <i>Medicine and Science in Sports and Exercise</i> , 2006 , 38, S226-S227.2		2