Christopher E Kline

List of Publications by Year
in descending order

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94 papers	3,462 citations	212478 28 h-index	169272 56 g-index
96 all docs	96 docs citations	96 times ranked	4976 citing authors

#	Article	IF	Citations
1	The impact of the covid-19 pandemic on lifestyle behaviors in U.S. college students. Journal of American College Health, 2023, 71, 1161-1166.	0.8	7
2	The impact of circadian timing on energy balance: an extension of the energy balance model. Health Psychology Review, 2022, 16, 161-203.	4.4	2
3	Sleep health mediates the relationship between physical activity and depression symptoms. Sleep and Breathing, 2022, 26, 1341-1349.	0.9	10
4	Association of Physical Activity and Sedentary Time with Cardio-Autonomic Regulation in Women. Journal of Women's Health, 2022, 31, 600-608.	1.5	5
5	Effect of a 6-month sedentary behavior reduction intervention on well-being and workplace health in desk workers with low back pain. Work, 2022, 71, 1145-1155.	0.6	3
6	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 2004â€“2018. Journal of Physical Activity and Health, 2022, 19, 246-255.	1.0	5
7	The association between sleep health and weight change during a 12-month behavioral weight loss intervention. International Journal of Obesity, 2021, 45, 639-649.	1.6	17
8	Associations between longitudinal trajectories of insomnia symptoms and sleep duration with objective physical function in postmenopausal women: the Study of Womenâ€™s Health Across the Nation. Sleep, 2021, 44, .	0.6	6
9	Associations of Sleep With Sedentary Behavior and Physical Activity Patterns Across Pregnancy Trimesters. Women's Health Issues, 2021, 31, 366-375.	0.9	11
10	Bidirectional relationship between sleep and sedentary behavior in adults with overweight or obesity: A secondary analysis. SLEEP Advances, 2021, 2, zpab004.	0.1	7
11	Snoring severity is associated with carotid vascular remodeling in young adults with overweight and obesity. Sleep Health, 2021, 7, 161-167.	1.3	8
12	Associations of Sedentary Time with Heart Rate and Heart Rate Variability in Adults: A Systematic Review and Meta-Analysis of Observational Studies. International Journal of Environmental Research and Public Health, 2021, 18, 8508.	1.2	10
13	Physical activity and sleep: An updated umbrella review of the 2018 Physical Activity Guidelines Advisory Committee report. Sleep Medicine Reviews, 2021, 58, 101489.	3.8	49
14	Nightly Variation in Sleep Influences Self-efficacy for Adhering to a Healthy Lifestyle: A Prospective Study. International Journal of Behavioral Medicine, 2021, , 1.	0.8	1
15	Vicarious Experience in Multi-Ethnic Study of Atherosclerosis (MESA) Is Associated with Greater Odds of Attaining the Recommended Leisure-Time Physical Activity Levels. International Journal of Behavioral Medicine, 2021, 28, 575-582.	0.8	3
16	Longitudinal Association Between Depressive Symptoms and Multidimensional Sleep Health: The SWAN Sleep Study. Annals of Behavioral Medicine, 2021, 55, 641-652.	1.7	13
17	Field-based Measurement of Sleep: Agreement between Six Commercial Activity Monitors and a Validated Accelerometer. Behavioral Sleep Medicine, 2020, 18, 637-652.	1.1	25
18	The association between physical activity and a composite measure of sleep health. Sleep and Breathing, 2020, 24, 1207-1214.	0.9	13

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19	Multidimensional sleep health is not cross-sectionally or longitudinally associated with adiposity in the Study of Women's Health Across the Nation (SWAN). Sleep Health, 2020, 6, 790-796.	1.3	18
20	COVID-19 Impact on Behaviors across the 24-Hour Day in Children and Adolescents: Physical Activity, Sedentary Behavior, and Sleep. Children, 2020, 7, 138.	0.6	249
21	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. Journal of Virology, 2020, 94, .	1.5	7
22	Feasible but Not Yet Efficacious: a Scoping Review of Wearable Activity Monitors in Interventions Targeting Physical Activity, Sedentary Behavior, and Sleep. Current Epidemiology Reports, 2020, 7, 25-38.	1.1	29
23	Weight loss intervention through lifestyle modification or pharmacotherapy for obstructive sleep apnoea in adults. The Cochrane Library, 2020, , .	1.5	0
24	Does objectively-assessed sleep moderate the association between history of major depressive disorder and task-switching?. Journal of Affective Disorders, 2020, 265, 216-223.	2.0	6
25	Frequent restful sleep is associated with the absence of depressive symptoms and higher grade point average among college students. Sleep Health, 2020, 6, 618-622.	1.3	6
26	Feasible but Not Yet Efficacious: a Scoping Review of Wearable Activity Monitors in Interventions Targeting Physical Activity, Sedentary Behavior, and Sleep. Current Epidemiology Reports, 2020, 7, 25.	1.1	2
27	Associations Between Sedentary Behavior And Steps With Heart Rate Variability In Desk Workers. Medicine and Science in Sports and Exercise, 2020, 52, 564-564.	0.2	0
28	Ethnicity Differences in Sleep Changes Among Prehypertensive Adults Using a Smartphone Meditation App: Dose-Response Trial. JMIR Formative Research, 2020, 4, e20501.	0.7	3
29	Acute effects of aerobic exercise duration on blood pressure, pulse wave velocity and cerebral blood flow velocity in middle-aged adults. Sport Sciences for Health, 2019, 15, 647-658.	0.4	7
30	Wake up call for collegiate athlete sleep: narrative review and consensus recommendations from the NCAA Interassociation Task Force on Sleep and Wellness. British Journal of Sports Medicine, 2019, 53, 731-736.	3.1	136
31	Sleep and exercise. , 2019, , 257-267.		1
32	Does obstructive sleep apnea affect exercise capacity and the hemodynamic response to exercise? An individual patient data and aggregate meta-analysis. Sleep Medicine Reviews, 2019, 45, 42-53.	3.8	20
33	Prospective associations among objectively and subjectively assessed sleep and the metabolic syndrome. Sleep Medicine, 2019, 58, 1-6.	0.8	15
34	The Effect of Structured Exercise on Sleep During the Corresponding Night Among Older Women in an Exercise Program. Journal of Aging and Physical Activity, 2019, 27, 482-488.	0.5	2
35	The effect of moderate-intensity exercise on nightly variability in objectively measured sleep parameters among older women. Behavioral Sleep Medicine, 2019, 17, 459-469.	1.1	9
36	Impact of a Simulated Workday of Sit-stand Desk Use on Sleep Among Adults Screened as High Risk for Sleep Apnea. Medicine and Science in Sports and Exercise, 2019, 51, 112-112.	0.2	0

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37	Sleep quality moderates the association between physical activity frequency and feelings of energy and fatigue in adolescents. European Child and Adolescent Psychiatry, 2018, 27, 1425-1432.	2.8	26
38	Cardiovascular Stress Reactivity and Carotid Intima-Media Thickness: The Buffering Role of Slow-Wave Sleep. Psychosomatic Medicine, 2018, 80, 301-306.	1.3	9
39	Poor Sleep Quality is Associated with Insulin Resistance in Postmenopausal Women With and Without Metabolic Syndrome. Metabolic Syndrome and Related Disorders, 2018, 16, 183-189.	0.5	21
40	Exercise during early pregnancy is associated with greater sleep continuity. Behavioral Sleep Medicine, 2018, 16, 482-493.	1.1	35
41	When does sedentary behavior become sleep? A proposed framework for classifying activity during sleep-wake transitions. International Journal of Behavioral Nutrition and Physical Activity, 2018, 15, 81.	2.0	32
42	Effect of Using a Sit-Stand Desk on Ratings of Discomfort, Fatigue, and Sleepiness Across a Simulated Workday in Overweight and Obese Adults. Journal of Physical Activity and Health, 2018, 15, 788-794.	1.0	10
43	Bidirectional Relationships Between Weight Change and Sleep Apnea in a Behavioral Weight Loss Intervention. Mayo Clinic Proceedings, 2018, 93, 1290-1298.	1.4	20
44	Sleepâ€"Wake Concordance in Couples Is Inversely Associated With Cardiovascular Disease Risk Markers. Sleep, 2017, 40, .	0.6	28
45	Associations of sedentary time and moderate-vigorous physical activity with sleep-disordered breathing and polysomnographic sleep in community-dwelling adults. Sleep and Breathing, 2017, 21, 427-434.	0.9	12
46	The Influence Of A Sit-stand Desk On Sleepiness, Physical Discomfort, Physical Fatigue And Mental Fatigue. Medicine and Science in Sports and Exercise, 2017, 49, 844.	0.2	2
47	Use of a Sit-Stand Desk Reduces Wake Time During the Subsequent Nightâ€™s Sleep. Medicine and Science in Sports and Exercise, 2017, 49, 854-855.	0.2	2
48	Objective Sleep Duration Is Prospectively Associated With Endothelial Health. Sleep, 2017, 40, .	0.6	19
49	Exercise and Sleep â˜†. , 2017, , .		0
50	0312 THE INSOMNIA SHORT-SLEEP PHENOTYPE: DOES ONE NIGHT OF LABORATORY SLEEP ACCURATELY CAPTURE THEIR HABITUAL SLEEP?. Sleep, 2017, 40, A115-A116.	0.6	2
51	Bedtime Variability and Metabolic Health in Midlife Women: The SWAN Sleep Study. Sleep, 2016, 39, 457-465.	0.6	74
52	Exercise: shifting fluid and sleep apnoea away. European Respiratory Journal, 2016, 48, 23-25.	3.1	6
53	The Effect of Changes in Cardiorespiratory Fitness and Weight on Obstructive Sleep Apnea Severity in Overweight Adults with Type 2 Diabetes. Sleep, 2016, 39, 317-325.	0.6	21
54	Greater bed- and wake-time variability is associated with less healthy lifestyle behaviors: a cross-sectional study. Zeitschrift Fur Gesundheitswissenschaften, 2016, 24, 31-40.	0.8	32

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55	Circadian Phase-Shifting Effects of Bright Light, Exercise, and Bright Light + Exercise. Journal of Circadian Rhythms, 2016, 14, 2.	2.9	51
56	Associations Between Sleep and Changes in Activity and Barriers to Healthy Eating Following a 12-month Behavioral Weight Loss Intervention. Medicine and Science in Sports and Exercise, 2016, 48, 10.	0.2	0
57	Sitting and Television Viewing. Chest, 2015, 147, 728-734.	0.4	38
58	Association of Baseline Sleep with Changes in Physical Activity and Perceived Barriers to Healthy Eating among Participants in a Behavioral Weight Loss Intervention. Medicine and Science in Sports and Exercise, 2015, 47, 432.	0.2	0
59	The role of sleep hygiene in promoting public health: A review of empirical evidence. Sleep Medicine Reviews, 2015, 22, 23-36.	3.8	560
60	Author's Response to Nicolau et al.. Journal of Women's Health, 2015, 24, 254-255.	1.5	0
61	Effects of exercise on sleep among young women with Generalized Anxiety Disorder. Mental Health and Physical Activity, 2015, 9, 59-66.	0.9	34
62	Insomnia and sleep apnea in midlife women: prevalence and consequences to health and functioning. F1000prime Reports, 2015, 7, 63.	5.9	32
63	Decline in Cardiorespiratory Fitness and Odds of Incident Sleep Complaints. Medicine and Science in Sports and Exercise, 2015, 47, 960-966.	0.2	34
64	Cross-Sectional Associations between Multiple Lifestyle Behaviors and Health-Related Quality of Life in the 10,000 Steps Cohort. PLoS ONE, 2014, 9, e94184.	1.1	57
65	Sleep Hygiene Behaviors Among Midlife Women with Insomnia or Sleep-Disordered Breathing: The SWAN Sleep Study. Journal of Women's Health, 2014, 23, 894-903.	1.5	30
66	Does nighttime exercise really disturb sleep? Results from the 2013 National Sleep Foundation Sleep in America Poll. Sleep Medicine, 2014, 15, 755-761.	0.8	128
67	Effects of Exercise Training on Sleep Apnea: A Meta-analysis. Lung, 2014, 192, 175-184.	1.4	182
68	The Bidirectional Relationship Between Exercise and Sleep. American Journal of Lifestyle Medicine, 2014, 8, 375-379.	0.8	245
69	A 24-hour Approach to the Study of Health Behaviors: Temporal Relationships Between Waking Health Behaviors and Sleep. Annals of Behavioral Medicine, 2014, 47, 189-197.	1.7	33
70	Self-reported Physical Activity Intensity and Sleep Apnea Risk. Medicine and Science in Sports and Exercise, 2014, 46, 374.	0.2	0
71	Improved Sleep Quality Does Not Result In Increased Daytime Activity in Older Adults with Insomnia. Medicine and Science in Sports and Exercise, 2014, 46, 562-563.	0.2	1
72	Prevalence of Sleep Deficiency in Early Gestation and its Associations with Stress and Depressive Symptoms. Journal of Women's Health, 2013, 22, 1028-1037.	1.5	91

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73	Blunted heart rate recovery is improved following exercise training in overweight adults with obstructive sleep apnea. International Journal of Cardiology, 2013, 167, 1610-1615.	0.8	26
74	Racial Differences in Heart Rate Variability During Sleep in Women. Psychosomatic Medicine, 2013, 75, 783-790.	1.3	18
75	Consistently High Sports/Exercise Activity Is Associated with Better Sleep Quality, Continuity and Depth in Midlife Women: The SWAN Sleep Study. Sleep, 2013, 36, 1279-1288.	0.6	62
76	Improving obstructive sleep apnea in a morbidly obese woman: Role of dietary modification and physical activity. Clinical Nursing Studies, 2013, 1, .	0.1	0
77	Doseâ€"response effects of exercise training on the subjective sleep quality of postmenopausal women: exploratory analyses of a randomised controlled trial. BMJ Open, 2012, 2, e001044.	0.8	71
78	Exercise Training Improves Selected Aspects of Daytime Functioning in Adults with Obstructive Sleep Apnea. Journal of Clinical Sleep Medicine, 2012, 08, 357-365.	1.4	55
79	The Effect of Exercise Training on Obstructive Sleep Apnea and Sleep Quality: A Randomized Controlled Trial. Sleep, 2011, 34, 1631-1640.	0.6	267
80	Exercise Training Improves Heart Rate Recovery In Adults With Obstructive Sleep Apnea. Medicine and Science in Sports and Exercise, 2011, 43, 279-280.	0.2	0
81	Bright light treatment for high-anxious young adults: a randomized controlled pilot study. Depression and Anxiety, 2011, 28, 324-332.	2.0	8
82	The Anxiolytic Effect of Exercise Does Not Vary by Time of Day or Circadian Phase. Medicine and Science in Sports and Exercise, 2010, 42, 59.	0.2	0
83	Self-reported long sleep in older adults is closely related to objective time in bed. Sleep and Biological Rhythms, 2010, 8, 42-51.	0.5	26
84	Lack of impairment in glucose tolerance: support for further investigation of sleep restriction in older long sleepers. Journal of Sleep Research, 2010, 19, 116-117.	1.7	4
85	CIRCADIAN RHYTHMS OF PSYCHOMOTOR VIGILANCE, MOOD, AND SLEEPINESS IN THE ULTRA-SHORT SLEEP/WAKE PROTOCOL. Chronobiology International, 2010, 27, 161-180.	0.9	34
86	Tolerance of Chronic 90-Minute Time-In-Bed Restriction in Older Long Sleepers. Sleep, 2009, 32, 1467-1479.	0.6	25
87	Time Of Habitual Training Does Not Alter Circadian Rhythm Of Swim Performance. Medicine and Science in Sports and Exercise, 2009, 41, 447-448.	0.2	0
88	No effect of 8â€week time in bed restriction on glucose tolerance in older long sleepers. Journal of Sleep Research, 2008, 17, 412-419.	1.7	38
89	Effects of Quercetin Feedings on Maximal Oxygen Consumption and Fatigue During Prolonged Exercise. Medicine and Science in Sports and Exercise, 2008, 40, S165.	0.2	1
90	Circadian Variation In Reaction Time Performance. Medicine and Science in Sports and Exercise, 2008, 40, S428.	0.2	0

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91	Circadian variation in swim performance. Journal of Applied Physiology, 2007, 102, 641-649.	1.2	118
92	Epidemiology of exercise and sleep. Sleep and Biological Rhythms, 2006, 4, 215-221.	0.5	134
93	Circadian Variation in Swim Performance. Medicine and Science in Sports and Exercise, 2006, 38, S226-S227.	0.2	2
94	Psychological Research on Overtraining and the Staleness Syndrome. Medicine and Science in Sports and Exercise, 2006, 38, 56.	0.2	0