

Christopher E Kline

List of Publications by Year in descending order

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Version: 2024-02-01

94
papers

3,462
citations

186265
28
h-index

149698
56
g-index

96
all docs

96
docs citations

96
times ranked

4662
citing authors

#	ARTICLE	IF	CITATIONS
1	The role of sleep hygiene in promoting public health: A review of empirical evidence. <i>Sleep Medicine Reviews</i> , 2015, 22, 23-36.	8.5	560
2	The Effect of Exercise Training on Obstructive Sleep Apnea and Sleep Quality: A Randomized Controlled Trial. <i>Sleep</i> , 2011, 34, 1631-1640.	1.1	267
3	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, 138.	1.5	249
4	The Bidirectional Relationship Between Exercise and Sleep. <i>American Journal of Lifestyle Medicine</i> , 2014, 8, 375-379.	1.9	245
5	Effects of Exercise Training on Sleep Apnea: A Meta-analysis. <i>Lung</i> , 2014, 192, 175-184.	3.3	182
6	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.	6.7	136
7	Epidemiology of exercise and sleep. <i>Sleep and Biological Rhythms</i> , 2006, 4, 215-221.	1.0	134
8	Does nighttime exercise really disturb sleep? Results from the 2013 National Sleep Foundation Sleep in America Poll. <i>Sleep Medicine</i> , 2014, 15, 755-761.	1.6	128
9	Circadian variation in swim performance. <i>Journal of Applied Physiology</i> , 2007, 102, 641-649.	2.5	118
10	Prevalence of Sleep Deficiency in Early Gestation and its Associations with Stress and Depressive Symptoms. <i>Journal of Women's Health</i> , 2013, 22, 1028-1037.	3.3	91
11	Bedtime Variability and Metabolic Health in Midlife Women: The SWAN Sleep Study. <i>Sleep</i> , 2016, 39, 457-465.	1.1	74
12	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, e001044.	1.9	71
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, 1279-1288.	1.1	62
14	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.	2.5	57
15	Exercise Training Improves Selected Aspects of Daytime Functioning in Adults with Obstructive Sleep Apnea. <i>Journal of Clinical Sleep Medicine</i> , 2012, 08, 357-365.	2.6	55
16	Circadian Phase-Shifting Effects of Bright Light, Exercise, and Bright Light + Exercise. <i>Journal of Circadian Rhythms</i> , 2016, 14, 2.	1.3	51
17	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.	8.5	49
18	No effect of 8-week time in bed restriction on glucose tolerance in older long sleepers. <i>Journal of Sleep Research</i> , 2008, 17, 412-419.	3.2	38

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19	Sitting and Television Viewing. Chest, 2015, 147, 728-734.	0.8	38
20	Exercise during early pregnancy is associated with greater sleep continuity. Behavioral Sleep Medicine, 2018, 16, 482-493.	2.1	35
21	CIRCADIAN RHYTHMS OF PSYCHOMOTOR VIGILANCE, MOOD, AND SLEEPINESS IN THE ULTRA-SHORT SLEEP/WAKE PROTOCOL. Chronobiology International, 2010, 27, 161-180.	2.0	34
22	Effects of exercise on sleep among young women with Generalized Anxiety Disorder. Mental Health and Physical Activity, 2015, 9, 59-66.	1.8	34
23	Decline in Cardiorespiratory Fitness and Odds of Incident Sleep Complaints. Medicine and Science in Sports and Exercise, 2015, 47, 960-966.	0.4	34
24	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.	2.9	33
25	Insomnia and sleep apnea in midlife women: prevalence and consequences to health and functioning. F1000prime Reports, 2015, 7, 63.	5.9	32
26	Greater bed- and wake-time variability is associated with less healthy lifestyle behaviors: a cross-sectional study. Zeitschrift Fur Gesundheitswissenschaften, 2016, 24, 31-40.	1.6	32
27	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.	4.6	32
28	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.	3.3	30
29	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.	2.4	29
30	Sleep-Wake Concordance in Couples Is Inversely Associated With Cardiovascular Disease Risk Markers. Sleep, 2017, 40, .	1.1	28
31	Self-reported long sleep in older adults is closely related to objective time in bed. Sleep and Biological Rhythms, 2010, 8, 42-51.	1.0	26
32	Blunted heart rate recovery is improved following exercise training in overweight adults with obstructive sleep apnea. International Journal of Cardiology, 2013, 167, 1610-1615.	1.7	26
33	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.	4.7	26
34	Tolerance of Chronic 90-Minute Time-In-Bed Restriction in Older Long Sleepers. Sleep, 2009, 32, 1467-1479.	1.1	25
35	Field-based Measurement of Sleep: Agreement between Six Commercial Activity Monitors and a Validated Accelerometer. Behavioral Sleep Medicine, 2020, 18, 637-652.	2.1	25
36	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.	1.1	21

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37	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.	1.3	21
38	Bidirectional Relationships Between Weight Change and Sleep Apnea in a Behavioral Weight Loss Intervention. <i>Mayo Clinic Proceedings</i> , 2018, 93, 1290-1298.	3.0	20
39	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.	8.5	20
40	Objective Sleep Duration Is Prospectively Associated With Endothelial Health. <i>Sleep</i> , 2017, 40, .	1.1	19
41	Racial Differences in Heart Rate Variability During Sleep in Women. <i>Psychosomatic Medicine</i> , 2013, 75, 783-790.	2.0	18
42	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.	2.5	18
43	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.	3.4	17
44	Prospective associations among objectively and subjectively assessed sleep and the metabolic syndrome. <i>Sleep Medicine</i> , 2019, 58, 1-6.	1.6	15
45	The association between physical activity and a composite measure of sleep health. <i>Sleep and Breathing</i> , 2020, 24, 1207-1214.	1.7	13
46	Longitudinal Association Between Depressive Symptoms and Multidimensional Sleep Health: The SWAN Sleep Study. <i>Annals of Behavioral Medicine</i> , 2021, 55, 641-652.	2.9	13
47	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.	1.7	12
48	Associations of Sleep With Sedentary Behavior and Physical Activity Patterns Across Pregnancy Trimesters. <i>Women's Health Issues</i> , 2021, 31, 366-375.	2.0	11
49	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.	2.0	10
50	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, 8508.	2.6	10
51	Sleep health mediates the relationship between physical activity and depression symptoms. <i>Sleep and Breathing</i> , 2022, 26, 1341-1349.	1.7	10
52	Cardiovascular Stress Reactivity and Carotid Intima-Media Thickness: The Buffering Role of Slow-Wave Sleep. <i>Psychosomatic Medicine</i> , 2018, 80, 301-306.	2.0	9
53	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.	2.1	9
54	Bright light treatment for high-anxious young adults: a randomized controlled pilot study. <i>Depression and Anxiety</i> , 2011, 28, 324-332.	4.1	8

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55	Snoring severity is associated with carotid vascular remodeling in young adults with overweight and obesity. <i>Sleep Health</i> , 2021, 7, 161-167.	2.5	8
56	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	7
57	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, .	3.4	7
58	Bidirectional relationship between sleep and sedentary behavior in adults with overweight or obesity: A secondary analysis. <i>SLEEP Advances</i> , 2021, 2, zpab004.	0.2	7
59	The impact of the covid-19 pandemic on lifestyle behaviors in U.S. college students. <i>Journal of American College Health</i> , 2023, 71, 1161-1166.	1.5	7
60	Exercise: shifting fluid and sleep apnoea away. <i>European Respiratory Journal</i> , 2016, 48, 23-25.	6.7	6
61	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.	4.1	6
62	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.	2.5	6
63	Associations between longitudinal trajectories of insomnia symptoms and sleep duration with objective physical function in postmenopausal women: the Study of Women's Health Across the Nation. <i>Sleep</i> , 2021, 44, .	1.1	6
64	Association of Physical Activity and Sedentary Time with Cardio-Autonomic Regulation in Women. <i>Journal of Women's Health</i> , 2022, 31, 600-608.	3.3	5
65	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, 19, 246-255.	2.0	5
66	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, 116-117.	3.2	4
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.	1.7	3
68	Ethnicity Differences in Sleep Changes Among Prehypertensive Adults Using a Smartphone Meditation App: Dose-Response Trial. <i>JMIR Formative Research</i> , 2020, 4, e20501.	1.4	3
69	Effect of a 6-month sedentary behavior reduction intervention on well-being and workplace health in desk workers with low back pain. <i>Work</i> , 2022, 71, 1145-1155.	1.1	3
70	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.	0.4	2
71	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.	0.4	2
72	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	2

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73	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.	1.0	2
74	The impact of circadian timing on energy balance: an extension of the energy balance model. <i>Health Psychology Review</i> , 2022, 16, 161-203.	8.6	2
75	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.	2.4	2
76	Circadian Variation in Swim Performance. <i>Medicine and Science in Sports and Exercise</i> , 2006, 38, S226-S227.	0.4	2
77	Effects of Quercetin Feedings on Maximal Oxygen Consumption and Fatigue During Prolonged Exercise. <i>Medicine and Science in Sports and Exercise</i> , 2008, 40, S165.	0.4	1
78	Improved Sleep Quality Does Not Result In Increased Daytime Activity in Older Adults with Insomnia. <i>Medicine and Science in Sports and Exercise</i> , 2014, 46, 562-563.	0.4	1
79	Sleep and exercise. , 2019, , 257-267.		1
80	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.	1.7	1
81	The Anxiolytic Effect of Exercise Does Not Vary by Time of Day or Circadian Phase. <i>Medicine and Science in Sports and Exercise</i> , 2010, 42, 59.	0.4	0
82	Exercise Training Improves Heart Rate Recovery In Adults With Obstructive Sleep Apnea. <i>Medicine and Science in Sports and Exercise</i> , 2011, 43, 279-280.	0.4	0
83	Improving obstructive sleep apnea in a morbidly obese woman: Role of dietary modification and physical activity. <i>Clinical Nursing Studies</i> , 2013, 1, .	0.1	0
84	Self-reported Physical Activity Intensity and Sleep Apnea Risk. <i>Medicine and Science in Sports and Exercise</i> , 2014, 46, 374.	0.4	0
85	Association of Baseline Sleep with Changes in Physical Activity and Perceived Barriers to Healthy Eating among Participants in a Behavioral Weight Loss Intervention. <i>Medicine and Science in Sports and Exercise</i> , 2015, 47, 432.	0.4	0
86	Author's Response to Nicolau et al.. <i>Journal of Women's Health</i> , 2015, 24, 254-255.	3.3	0
87	Exercise and Sleep â††. , 2017, , .		0
88	Weight loss intervention through lifestyle modification or pharmacotherapy for obstructive sleep apnoea in adults. <i>The Cochrane Library</i> , 2020, , .	2.8	0
89	Psychological Research on Overtraining and the Staleness Syndrome. <i>Medicine and Science in Sports and Exercise</i> , 2006, 38, 56.	0.4	0
90	Circadian Variation In Reaction Time Performance. <i>Medicine and Science in Sports and Exercise</i> , 2008, 40, S428.	0.4	0

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91	Time Of Habitual Training Does Not Alter Circadian Rhythm Of Swim Performance. Medicine and Science in Sports and Exercise, 2009, 41, 447-448.	0.4	0
92	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.	0.4	0
93	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.	0.4	0
94	Associations Between Sedentary Behavior And Steps With Heart Rate Variability In Desk Workers. Medicine and Science in Sports and Exercise, 2020, 52, 564-564.	0.4	0