# Andrew J K Phillips

## List of Publications by Year in Descending Order

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|---|---|---|---|
| 86 papers | 2,294 citations | 25 h-index | 46 g-index |
| 97 ext. papers | 3,084 ext. citations | 4 avg, IF | 5.22 L-index |

| # | Paper | IF | Citations |
|---|-------|-----|-----------|
| 86 | Unanticipated daytime melatonin secretion on a simulated night shift schedule generates a distinctive 24-h melatonin rhythm with antiphasic daytime and nighttime peaks.. *Journal of Pineal Research*, **2022**, | 10.4 | 1 |
| 85 | Disrupting circadian rhythms promotes cancer-induced inflammation in mice.. *Brain, Behavior, & Immunity - Health*, **2022**, 21, 100428 | 5.1 | 0 |
| 84 | The CLASS Study (Circadian Light in Adolescence, Sleep and School): protocol for a prospective, longitudinal cohort to assess sleep, light, circadian timing and academic performance in adolescence.. *BMJ Open*, **2022**, 12, e055716 | 3 | 0 |
| 83 | Sleep, Neural Population Models of **2022**, 3137-3142 | | |
| 82 | Objective assessment of sleep regularity in 60 000 UK Biobank participants using an open-source package. *Sleep*, **2021**, 44, | 1.1 | 1 |
| 81 | COVID-19 vaccine perceptions and uptake in a national prospective cohort of essential workers.. *Vaccine*, **2021**, 40, 494-494 | 4.1 | 2 |
| 80 | Clocking onto chemotherapy to enhance cancer treatment. *Brain, Behavior, and Immunity*, **2021**, 100, 172-173 | 16.6 | |
| 79 | Measuring sleep regularity: theoretical properties and practical usage of existing metrics. *Sleep*, **2021**, 44, | 1.1 | 9 |
| 78 | Light-based methods for predicting circadian phase in delayed sleep-wake phase disorder. *Scientific Reports*, **2021**, 11, 10878 | 4.9 | 4 |
| 77 | Afraid of the dark: Light acutely suppresses activity in the human amygdala. *PLoS ONE*, **2021**, 16, e0252350 | 3.7 | 6 |
| 76 | A classification approach to estimating human circadian phase under circadian alignment from actigraphy and photometry data. *Journal of Pineal Research*, **2021**, 71, e12745 | 10.4 | 3 |
| 75 | Irregular sleep-wake patterns in older adults with current or remitted depression. *Journal of Affective Disorders*, **2021**, 281, 431-437 | 6.6 | 12 |
| 74 | Cross-sectional and prospective associations between sleep regularity and metabolic health in the Hispanic Community Health Study/Study of Latinos. *Sleep*, **2021**, 44, | 1.1 | 6 |
| 73 | Diurnal Rhythm Robustness in Individuals With PTSD and Insomnia and The Association With Sleep. *Journal of Biological Rhythms*, **2021**, 36, 185-195 | 3.2 | 6 |
| 72 | Attitudes Towards Sleep as a Time Commitment are Associated with Sleep Regularity. *Behavioral Sleep Medicine*, **2021**, 19, 732-743 | 4.2 | 0 |
| 71 | Extended Work Shifts and Neurobehavioral Performance in Resident-Physicians. *Pediatrics*, **2021**, 147, | 7.4 | 6 |
| 70 | Wearable light spectral sensor optimized for measuring daily α-opic light exposure. *Optics Express*, **2021**, 29, 27612-27627 | 3.3 | 0 |

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| 69 | In-person vs home schooling during the COVID-19 pandemic: Differences in sleep, circadian timing, and mood in early adolescence. *Journal of Pineal Research*, **2021**, 71, e12757 | 10.4 | 9 |
| 68 | Irregular Sleep/Wake Patterns Are Associated With Reduced Quality of Life in Post-treatment Cancer Patients: A Study Across Three Cancer Cohorts. *Frontiers in Neuroscience*, **2021**, 15, 700923 | 5.1 | 2 |
| 67 | Time spent in outdoor light is associated with mood, sleep, and circadian rhythm-related outcomes: A cross-sectional and longitudinal study in over 400,000 UK Biobank participants. *Journal of Affective Disorders*, **2021**, 295, 347-352 | 6.6 | 9 |
| 66 | Modeling and Entraining Human Capability in Space **2021**, 437-444 | | 1 |
| 65 | Circadian disruption impairs fear extinction and memory of conditioned safety in mice. *Behavioural Brain Research*, **2020**, 393, 112788 | 3.4 | 2 |
| 64 | Vulnerability and resistance to sleep disruption by a partner: A study of bed-sharing couples. *Sleep Health*, **2020**, 6, 506-512 | 4 | 3 |
| 63 | Accuracy of the GENEActiv Device for Measuring Light Exposure in Sleep and Circadian Research. *Clocks & Sleep*, **2020**, 2, 143-152 | 2.9 | 8 |
| 62 | Modeling and Entraining Human Capability in Space **2020**, 1-7 | | |
| 61 | Anxiety predicts dyadic sleep characteristics in couples experiencing insomnia but not in couples without sleep disorders. *Journal of Affective Disorders*, **2020**, 273, 122-130 | 6.6 | 0 |
| 60 | Optimal Schedules of Light Exposure for Multiple Individuals for Quick Circadian Alignment. *IFAC-PapersOnLine*, **2020**, 53, 16445-16450 | 0.7 | 0 |
| 59 | Irregular sleep and event schedules are associated with poorer self-reported well-being in US college students. *Sleep*, **2020**, 43, | 1.1 | 20 |
| 58 | Sleep and circadian instability in delayed sleep-wake phase disorder. *Journal of Clinical Sleep Medicine*, **2020**, 16, 1431-1436 | 3.1 | 9 |
| 57 | The Role of Light Sensitivity and Intrinsic Circadian Period in Predicting Individual Circadian Timing. *Journal of Biological Rhythms*, **2020**, 35, 628-640 | 3.2 | 9 |
| 56 | Evening home lighting adversely impacts the circadian system and sleep. *Scientific Reports*, **2020**, 10, 19110 | 4.9 | 30 |
| 55 | Computational approaches for individual circadian phase prediction in field settings. *Current Opinion in Systems Biology*, **2020**, 22, 39-51 | 3.2 | 12 |
| 54 | The impact of structured sleep schedules prior to an in-laboratory study: Individual differences in sleep and circadian timing. *PLoS ONE*, **2020**, 15, e0236566 | 3.7 | 1 |
| 53 | Sleep and wake are shared and transmitted between individuals with insomnia and their bed-sharing partners. *Sleep*, **2020**, 43, | 1.1 | 8 |
| 52 | 0840 Longitudinal Association Of Objective Sleep Duration, Timing, And Regularity With Weight Change In HCHS/SOL Sueño Ancillary Study. *Sleep*, **2019**, 42, A337-A337 | 1.1 | |

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| 51 | High sensitivity and interindividual variability in the response of the human circadian system to evening light. *Proceedings of the National Academy of Sciences of the United States of America*, **2019**, 116, 12019-12024 | 11.5 | 151 |
| 50 | Effects on resident work hours, sleep duration, and work experience in a randomized order safety trial evaluating resident-physician schedules (ROSTERS). *Sleep*, **2019**, 42, | 1.1 | 14 |
| 49 | 0145 How Did Mammalian Sleep Patterns Evolve? Temporal Niche Pursuit In An Evolutionary Model Of Sleep. *Sleep*, **2019**, 42, A59-A60 | 1.1 | |
| 48 | 0146 Model-based Predictions Of Neurobehavioral Performance Of Resident Physicians In A Randomized Order Safety Trial Evaluating Resident-physician Schedules (rosters). *Sleep*, **2019**, 42, A60-A60 | 1.1 | |
| 47 | 0969 Attentional Failures Are Correlated With Serious Medical Errors In Resident Physicians. *Sleep*, **2019**, 42, A390-A390 | 1.1 | 1 |
| 46 | 0011 Modeling Endogenous and Exogenous Sources of Sleep Timing Variability. *Sleep*, **2019**, 42, A4-A5 | 1.1 | |
| 45 | Sleep regularity is associated with sleep-wake and circadian timing, and mediates daytime function in Delayed Sleep-Wake Phase Disorder. *Sleep Medicine*, **2019**, 58, 93-101 | 4.6 | 19 |
| 44 | Caloric and Macronutrient Intake Differ with Circadian Phase and between Lean and Overweight Young Adults. *Nutrients*, **2019**, 11, | 6.7 | 21 |
| 43 | Advanced melatonin onset relative to sleep in women with unmedicated major depressive disorder. *Chronobiology International*, **2019**, 36, 1373-1383 | 3.6 | 6 |
| 42 | Generalizability of A Neural Network Model for Circadian Phase Prediction in Real-World Conditions. *Scientific Reports*, **2019**, 9, 11001 | 4.9 | 15 |
| 41 | Application of a Limit-Cycle Oscillator Model for Prediction of Circadian Phase in Rotating Night Shift Workers. *Scientific Reports*, **2019**, 9, 11032 | 4.9 | 23 |
| 40 | Decreased sensitivity of the circadian system to light in current, but not remitted depression. *Journal of Affective Disorders*, **2019**, 256, 386-392 | 6.6 | 16 |
| 39 | Modeling and Entraining Human Capability in Space **2019**, 1-7 | | |
| 38 | Light Me up? Why, When, and How Much Light We Need. *Journal of Biological Rhythms*, **2019**, 34, 573-575 | 3.2 | 8 |
| 37 | Identifying Objective Physiological Markers and Modifiable Behaviors for Self-Reported Stress and Mental Health Status Using Wearable Sensors and Mobile Phones: Observational Study. *Journal of Medical Internet Research*, **2018**, 20, e210 | 7.6 | 116 |
| 36 | Sleep patterns predictive of daytime challenging behavior in individuals with low-functioning autism. *Autism Research*, **2018**, 11, 391-403 | 5.1 | 46 |
| 35 | Increased sensitivity of the circadian system to light in delayed sleep-wake phase disorder. *Journal of Physiology*, **2018**, 596, 6249-6261 | 3.9 | 34 |
| 34 | Multimodal Ambulatory Sleep Detection. *IEEE-EMBS International Conference on Biomedical and Health Informatics*, **2017**, 2017, 465-468 | 1.9 | 13 |

| 33 | Irregular sleep/wake patterns are associated with poorer academic performance and delayed circadian and sleep/wake timing. *Scientific Reports*, **2017**, 7, 3216 | 4.9 | 172 |
|----|----|----|----|
| 32 | Are Individual Differences in Sleep and Circadian Timing Amplified by Use of Artificial Light Sources?. *Journal of Biological Rhythms*, **2017**, 32, 165-176 | 3.2 | 25 |
| 31 | The effects of self-selected light-dark cycles and social constraints on human sleep and circadian timing: a modeling approach. *Scientific Reports*, **2017**, 7, 45158 | 4.9 | 70 |
| 30 | Modeling the adenosine system as a modulator of cognitive performance and sleep patterns during sleep restriction and recovery. *PLoS Computational Biology*, **2017**, 13, e1005759 | 5 | 13 |
| 29 | 0079 PREDICTING THE TIMING OF DIM LIGHT MELATONIN ONSET IN REAL-WORLD CONDITIONS USING A MATHEMATICAL MODEL. *Sleep*, **2017**, 40, A30-A30 | 1.1 | |
| 28 | Later circadian timing of food intake is associated with increased body fat. *American Journal of Clinical Nutrition*, **2017**, 106, 1213-1219 | 7 | 153 |
| 27 | Modeling Neurocognitive Decline and Recovery During Repeated Cycles of Extended Sleep and Chronic Sleep Deficiency. *Sleep*, **2017**, 40, | 1.1 | 34 |
| 26 | Behaviorally-determined sleep phenotypes are robustly associated with adaptive functioning in individuals with low functioning autism. *Scientific Reports*, **2017**, 7, 14228 | 4.9 | 15 |
| 25 | Statistics for Sleep and Biological Rhythms Research. *Journal of Biological Rhythms*, **2017**, 32, 7-17 | 3.2 | 5 |
| 24 | Statistics for Sleep and Biological Rhythms Research. *Journal of Biological Rhythms*, **2017**, 32, 18-25 | 3.2 | 11 |
| 23 | Prediction of Vigilant Attention and Cognitive Performance Using Self-Reported Alertness, Circadian Phase, Hours since Awakening, and Accumulated Sleep Loss. *PLoS ONE*, **2016**, 11, e0151770 | 3.7 | 29 |
| 22 | Recognizing Academic Performance, Sleep Quality, Stress Level, and Mental Health using Personality Traits, Wearable Sensors and Mobile Phones **2015**, 2015, | | 106 |
| 21 | Prediction of Happy-Sad mood from daily behaviors and previous sleep history. *Annual International Conference of the IEEE Engineering in Medicine and Biology Society IEEE Engineering in Medicine and Biology Society Annual International Conference*, **2015**, 2015, 6796-9 | 0.9 | 21 |
| 20 | Uncovering Formula One driver performances from 1950 to 2013 by adjusting for team and competition effects. *Journal of Quantitative Analysis in Sports*, **2014**, | 1.2 | 3 |
| 19 | A physiologically based model of orexinergic stabilization of sleep and wake. *PLoS ONE*, **2014**, 9, e91982 | 3.7 | 34 |
| 18 | A mathematical model of the circadian phase-shifting effects of exogenous melatonin. *Journal of Biological Rhythms*, **2013**, 28, 79-89 | 3.2 | 19 |
| 17 | Arousal state feedback as a potential physiological generator of the ultradian REM/NREM sleep cycle. *Journal of Theoretical Biology*, **2013**, 319, 75-87 | 2.3 | 17 |
| 16 | Mammalian rest/activity patterns explained by physiologically based modeling. *PLoS Computational Biology*, **2013**, 9, e1003213 | 5 | 18 |

| 15 | Physiologically based quantitative modeling of unihemispheric sleep. *Journal of Theoretical Biology*, **2012**, 314, 109-19 | 2.3 | 8 |
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| 14 | Exploring sleepiness and entrainment on permanent shift schedules in a physiologically based model. *Journal of Biological Rhythms*, **2012**, 27, 91-102 | 3.2 | 32 |
| 13 | Quantitative modelling of sleep dynamics. *Philosophical Transactions Series A, Mathematical, Physical, and Engineering Sciences*, **2011**, 369, 3840-54 | 3 | 32 |
| 12 | Incorporation of caffeine into a quantitative model of fatigue and sleep. *Journal of Theoretical Biology*, **2011**, 273, 44-54 | 2.3 | 36 |
| 11 | Revisiting spontaneous internal desynchrony using a quantitative model of sleep physiology. *Journal of Biological Rhythms*, **2011**, 26, 441-53 | 3.2 | 36 |
| 10 | Sex difference in the near-24-hour intrinsic period of the human circadian timing system. *Proceedings of the National Academy of Sciences of the United States of America*, **2011**, 108 Suppl 3, 15602-8 | 11.5 | 343 |
| 9 | Mammalian sleep dynamics: how diverse features arise from a common physiological framework. *PLoS Computational Biology*, **2010**, 6, e1000826 | 5 | 38 |
| 8 | Probing the mechanisms of chronotype using quantitative modeling. *Journal of Biological Rhythms*, **2010**, 25, 217-27 | 3.2 | 63 |
| 7 | Quantitative physiologically based modeling of subjective fatigue during sleep deprivation. *Journal of Theoretical Biology*, **2010**, 264, 407-19 | 2.3 | 29 |
| 6 | Phase transitions in physiologically-based multiscale mean-field brain models **2010**, 179-201 | | 7 |
| 5 | Potential formulation of sleep dynamics. *Physical Review E*, **2009**, 79, 021913 | 2.4 | 9 |
| 4 | Modeling the impact of impulsive stimuli on sleep-wake dynamics. *Physical Review E*, **2008**, 78, 051920 | 2.4 | 33 |
| 3 | Sleep deprivation in a quantitative physiologically based model of the ascending arousal system. *Journal of Theoretical Biology*, **2008**, 255, 413-23 | 2.3 | 54 |
| 2 | A quantitative model of sleep-wake dynamics based on the physiology of the brainstem ascending arousal system. *Journal of Biological Rhythms*, **2007**, 22, 167-79 | 3.2 | 134 |
| 1 | A Review of Human Physiological Responses to Light: Implications for the Development of Integrative Lighting Solutions. *LEUKOS - Journal of Illuminating Engineering Society of North America*, 1-28 | 3.5 | 32 |