

Sara Nowakowski

List of Publications by Year in descending order

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56
papers

1,443
citations

393982

19
h-index

344852

36
g-index

58
all docs

58
docs citations

58
times ranked

1973
citing authors

#	ARTICLE	IF	CITATIONS
1	Menstrual regularity and bleeding is associated with sleep duration, sleep quality and fatigue in a community sample. <i>Journal of Sleep Research</i> , 2022, 31, e13434.	1.7	11
2	CBT-I for perimenopause and postmenopause. , 2022, , 333-346.		2
3	CBT-I for patients with chronic pain. , 2022, , 219-234.		0
4	Longitudinal Analysis Evaluating Self-Reported CPAP Use for OSA during the COVID-19 Pandemic. <i>Brain Sciences</i> , 2022, 12, 131.	1.1	3
5	Association between Sleep Quality and Mental Health among Patients at a Post-COVID-19 Recovery Clinic. <i>Brain Sciences</i> , 2022, 12, 586.	1.1	15
6	0681 Association of poor sleep with stress, anxiety, emotional support, social isolation, and depression during the COVID-19 pandemic. <i>Sleep</i> , 2022, 45, A298-A299.	0.6	0
7	0604 Depression, Anxiety and Coping-avoidance Behaviors Associated with Long-Term Insomnia Symptoms During the COVID-19 Pandemic. <i>Sleep</i> , 2022, 45, A265-A265.	0.6	0
8	0603 Changes in Healthcare Visits and Exercise habits Associated with Poor Sleep in Sleep Medicine Patients during the COVID-19 Pandemic. <i>Sleep</i> , 2022, 45, A265-A265.	0.6	0
9	Sleep During Pregnancy. <i>Current Psychiatry Reports</i> , 2022, 24, 353-357.	2.1	8
10	Cognitive Behavioral Therapy for Mood and Insomnia in Persons With Dementia. <i>Alzheimer Disease and Associated Disorders</i> , 2021, 35, 366-373.	0.6	7
11	711 Changes in Healthcare Visits and Sleep Medication Use in Sleep Medicine Patients during the COVID-19 Pandemic. <i>Sleep</i> , 2021, 44, A277-A278.	0.6	0
12	Cognitive-behavior therapy for sleep disorders at midlife. <i>Menopause</i> , 2021, Publish Ahead of Print, 833-835.	0.8	0
13	707 Association of Self-Reported Anxiety, Informational Support, and Sleep in Sleep Medicine Patients during the COVID-19 Pandemic. <i>Sleep</i> , 2021, 44, A276-A276.	0.6	0
14	710 Association of Social Isolation, Perceived Stress, and CPAP Use in Sleep Medicine Patients during the COVID-19 Pandemic. <i>Sleep</i> , 2021, 44, A277-A277.	0.6	0
15	Non-pharmacological sleep interventions for pediatric cancer patients and survivors: a systematic review protocol. <i>Systematic Reviews</i> , 2021, 10, 166.	2.5	4
16	Sleep in women during pregnancy and postpartum. , 2021, , .		1
17	Editorial: The Psychology of Menopause. <i>Frontiers in Global Women S Health</i> , 2021, 2, 828676.	1.1	1
18	Sleep, premenstrual mood disorder, and womenâ€™s health. <i>Current Opinion in Psychology</i> , 2020, 34, 43-49.	2.5	12

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19	1157 Comparison Of Polysomnography Total Sleep Time In Veterans With A Dementia Diagnosis, Incipient Dementia, And No Dementia. <i>Sleep</i> , 2020, 43, A441-A441.	0.6	1
20	The Society of Behavioral Sleep Medicine (SBSM) COVID-19 Task Force: Objectives and Summary Recommendations for Managing Sleep during a Pandemic. <i>Behavioral Sleep Medicine</i> , 2020, 18, 570-572.	1.1	26
21	Association of preoperative sleep pattern with posthysterectomy pain: a pilot study. <i>Journal of Clinical Sleep Medicine</i> , 2020, 16, 1901-1908.	1.4	8
22	Polysomnographic Sleep Parameters: Novel Digital Biomarkers for Developing Dementia. <i>Innovation in Aging</i> , 2020, 4, 165-165.	0.0	1
23	Polysomnographic Sleep Is Associated With Time to Develop Dementia: A Study Using 19-Year VA National EHR Data. <i>Innovation in Aging</i> , 2020, 4, 469-470.	0.0	1
24	Insomnia: Evaluation and Therapeutic Modalities. <i>Current Clinical Neurology</i> , 2020, , 141-157.	0.1	0
25	Cognitive Behavioral Therapy for Insomnia and Women's Health. <i>Sleep Medicine Clinics</i> , 2019, 14, 185-197.	1.2	18
26	Sex differences in sleep health. , 2019, , 21-29.		16
27	Using Visual Analytics to Inform a Stroke Specific Self-Management Program. <i>Archives of Physical Medicine and Rehabilitation</i> , 2019, 100, e209.	0.5	1
28	Sleep disturbance in women who undergo surgical menopause compared with women who experience natural menopause. <i>Menopause</i> , 2019, 26, 357-364.	0.8	22
29	Managing Acute Insomnia in Prison: Evaluation of a "One-Shot" Cognitive Behavioral Therapy for Insomnia (CBT-I) Intervention. <i>Behavioral Sleep Medicine</i> , 2019, 17, 827-836.	1.1	39
30	Sleep characteristics and inflammatory biomarkers among midlife women. <i>Sleep</i> , 2018, 41, .	0.6	54
31	A Concept Map of Behavioral Sleep Medicine: Defining the Scope of the Field and Strategic Priorities. <i>Behavioral Sleep Medicine</i> , 2018, 16, 523-526.	1.1	3
32	0278 Gender Differences in the Relationship between Short Sleep and Obesity Depend on Age. <i>Sleep</i> , 2018, 41, A107-A107.	0.6	1
33	Sleep Disturbance Partially Mediates the Relationship Between Intimate Partner Violence and Physical/Mental Health in Women and Men. <i>Journal of Interpersonal Violence</i> , 2017, 32, 2471-2495.	1.3	27
34	Association of sleep disturbance and sexual function in postmenopausal women. <i>Menopause</i> , 2017, 24, 604-612.	0.8	62
35	Pain and Sleep Around Hysterectomy: A Prospective Cohort Study [15D]. <i>Obstetrics and Gynecology</i> , 2017, 129, 45S-45S.	1.2	1
36	Cognitive Behavioral Therapy for Insomnia. , 2017, , 75-96.		3

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37	0788 SLEEP QUALITY IS ASSOCIATED WITH PHYSICAL FUNCTIONING DURING ACUTE HOSPITALIZATION AND PREDICTS FUNCTIONAL RECOVERY FOLLOWING HOSPITALIZATION IN OLDER ADULTS. <i>Sleep</i> , 2017, 40, A292-A292.	0.6	0
38	Inadequate Sleep as a Mediating Variable Between Exposure to Interparental Violence and Depression Severity in Adolescents. <i>Journal of Child and Adolescent Trauma</i> , 2016, 9, 109-114.	1.0	8
39	Where are the Behavioral Sleep Medicine Providers and Where are They Needed? A Geographic Assessment. <i>Behavioral Sleep Medicine</i> , 2016, 14, 687-698.	1.1	128
40	Treatment of Insomnia, Insomnia Symptoms, and Obstructive Sleep Apnea During and After Menopause: Therapeutic Approaches. <i>Current Psychiatry Reviews</i> , 2015, 11, 63-83.	0.9	38
41	Insomnia symptoms predict physical and mental impairments among postmenopausal women. <i>Sleep Medicine</i> , 2015, 16, 317-318.	0.8	0
42	Insomnia and sleep apnea in midlife women: prevalence and consequences to health and functioning. <i>F1000prime Reports</i> , 2015, 7, 63.	5.9	32
43	CBT for Insomnia in Patients with High and Low Depressive Symptom Severity: Adherence and Clinical Outcomes. <i>Focus (American Psychiatric Publishing)</i> , 2014, 12, 90-98.	0.4	12
44	Antepartum Depression Severity is Increased During Seasonally Longer Nights: Relationship to Melatonin and Cortisol Timing and Quantity. <i>Chronobiology International</i> , 2013, 30, 1160-1173.	0.9	24
45	Sleep and Women's Health. <i>Sleep Medicine Research</i> , 2013, 4, 1-22.	0.2	87
46	The Relationship of Nocturnal Melatonin to Estradiol and Progesterone in Depressed and Healthy Pregnant Women. <i>Journal of Women's Health</i> , 2012, 21, 649-655.	1.5	11
47	Non-Pharmacological Treatment of Insomnia. <i>Neurotherapeutics</i> , 2012, 9, 717-727.	2.1	54
48	Clinical significance of night-to-night sleep variability in insomnia. <i>Sleep Medicine</i> , 2012, 13, 469-475.	0.8	70
49	Cognitions and Insomnia Subgroups. <i>Cognitive Therapy and Research</i> , 2012, 36, 120-128.	1.2	9
50	Relationship of morningness-eveningness questionnaire score to melatonin and sleep timing, body mass index and atypical depressive symptoms in peri- and post-menopausal women. <i>Psychiatry Research</i> , 2011, 188, 88-95.	1.7	51
51	CBT for Insomnia in Patients with High and Low Depressive Symptom Severity: Adherence and Clinical Outcomes. <i>Journal of Clinical Sleep Medicine</i> , 2011, 07, 645-652.	1.4	210
52	Sleep and menopause. <i>Current Neurology and Neuroscience Reports</i> , 2009, 9, 165-172.	2.0	37
53	Increased Melatonin and Delayed Offset in Menopausal Depression: Role of Years Past Menopause, Follicle-Stimulating Hormone, Sleep End Time, and Body Mass Index. <i>Journal of Clinical Endocrinology and Metabolism</i> , 2008, 93, 54-60.	1.8	47
54	Plasma Melatonin Circadian Rhythm Disturbances During Pregnancy and Postpartum in Depressed Women and Women With Personal or Family Histories of Depression. <i>American Journal of Psychiatry</i> , 2008, 165, 1551-1558.	4.0	75

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55	Discrepancy Between Subjective Symptomatology and Objective Neuropsychological Performance in Insomnia. <i>Sleep</i> , 2007, 30, 1205-1211.	0.6	134
56	The Effects of Modafinil and Cognitive Behavior Therapy on Sleep Continuity in Patients with Primary Insomnia. <i>Sleep</i> , 2004, 27, 715-725.	0.6	67