

# Chiara Baglioni

## List of Publications by Year in descending order

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Version: 2024-02-01

68  
papers

9,170  
citations

94433

37  
h-index

106344

65  
g-index

75  
all docs

75  
docs citations

75  
times ranked

9246  
citing authors

#	ARTICLE	IF	CITATIONS
1	Insomnia as a predictor of depression: A meta-analytic evaluation of longitudinal epidemiological studies. <i>Journal of Affective Disorders</i> , 2011, 135, 10-19.	4.1	1,881
2	European guideline for the diagnosis and treatment of insomnia. <i>Journal of Sleep Research</i> , 2017, 26, 675-700.	3.2	1,334
3	Dealing with sleep problems during home confinement due to the COVID-19 outbreak: Practical recommendations from a task force of the European CBT Academy. <i>Journal of Sleep Research</i> , 2020, 29, e13052.	3.2	688
4	Sleep and mental disorders: A meta-analysis of polysomnographic research.. <i>Psychological Bulletin</i> , 2016, 142, 969-990.	6.1	658
5	Sleep and emotions: A focus on insomnia. <i>Sleep Medicine Reviews</i> , 2010, 14, 227-238.	8.5	619
6	Insomnia as a predictor of mental disorders: A systematic review and meta-analysis. <i>Sleep Medicine Reviews</i> , 2019, 43, 96-105.	8.5	614
7	REM sleep dysregulation in depression: State of the art. <i>Sleep Medicine Reviews</i> , 2013, 17, 377-390.	8.5	330
8	Sleep changes in the disorder of insomnia: A meta-analysis of polysomnographic studies. <i>Sleep Medicine Reviews</i> , 2014, 18, 195-213.	8.5	261
9	REM Sleep Instability – A New Pathway for Insomnia?. <i>Pharmacopsychiatry</i> , 2012, 45, 167-76.	3.3	161
10	Increased EEG sigma and beta power during NREM sleep in primary insomnia. <i>Biological Psychology</i> , 2012, 91, 329-333.	2.2	151
11	The reorganisation of memory during sleep. <i>Sleep Medicine Reviews</i> , 2014, 18, 531-541.	8.5	145
12	The European Academy for Cognitive Behavioural Therapy for Insomnia: An initiative of the European Insomnia Network to promote implementation and dissemination of treatment. <i>Journal of Sleep Research</i> , 2020, 29, e12967.	3.2	138
13	The microstructure of sleep in primary insomnia: An overview and extension. <i>International Journal of Psychophysiology</i> , 2013, 89, 171-180.	1.0	128
14	Insomnia Disorder is Associated with Increased Amygdala Reactivity to Insomnia-Related Stimuli. <i>Sleep</i> , 2014, 37, 1907-1917.	1.1	125
15	The effectiveness of behavioural and cognitive behavioural therapies for insomnia on depressive and fatigue symptoms: A systematic review and network meta-analysis. <i>Sleep Medicine Reviews</i> , 2018, 37, 114-129.	8.5	114
16	Comorbid Sleep Disorders in Neuropsychiatric Disorders Across the Life Cycle. <i>Current Psychiatry Reports</i> , 2013, 15, 364.	4.5	104
17	EEG sigma and slow-wave activity during NREM sleep correlate with overnight declarative and procedural memory consolidation. <i>Journal of Sleep Research</i> , 2012, 21, 612-619.	3.2	102
18	Is Chronic Insomnia a Precursor to Major Depression? Epidemiological and Biological Findings. <i>Current Psychiatry Reports</i> , 2012, 14, 511-518.	4.5	99

#	ARTICLE	IF	CITATIONS
19	Insomnia Does Not Appear to be Associated With Substantial Structural Brain Changes. <i>Sleep</i> , 2013, 36, 731-737.	1.1	97
20	Cognitive behavioral therapy for insomnia in patients with mental disorders and comorbid insomnia: A systematic review and meta-analysis. <i>Sleep Medicine Reviews</i> , 2022, 62, 101597.	8.5	80
21	Objective sleep disturbances are associated with greater waking resting-state connectivity between the retrosplenial cortex/hippocampus and various nodes of the default mode network. <i>Journal of Psychiatry and Neuroscience</i> , 2016, 41, 295-303.	2.4	73
22	Reduced anterior internal capsule white matter integrity in primary insomnia. <i>Human Brain Mapping</i> , 2014, 35, 3431-3438.	3.6	72
23	Interventions for sleep problems during pregnancy: A systematic review. <i>Sleep Medicine Reviews</i> , 2020, 50, 101234.	8.5	72
24	Psychophysiological reactivity to sleep-related emotional stimuli in primary insomnia. <i>Behaviour Research and Therapy</i> , 2010, 48, 467-475.	3.1	67
25	Neuroimaging Insights into Insomnia. <i>Current Neurology and Neuroscience Reports</i> , 2015, 15, 9.	4.2	62
26	The efficacy of cognitive and behavior therapies for insomnia on daytime symptoms: A systematic review and network meta-analysis. <i>Clinical Psychology Review</i> , 2020, 80, 101873.	11.4	62
27	Reference Data for Polysomnography-Measured and Subjective Sleep in Healthy Adults. <i>Journal of Clinical Sleep Medicine</i> , 2018, 14, 523-532.	2.6	61
28	Clinical implications of the causal relationship between insomnia and depression: how individually tailored treatment of sleeping difficulties could prevent the onset of depression. <i>EPMA Journal</i> , 2011, 2, 287-293.	6.1	55
29	Top-down control of arousal and sleep: Fundamentals and clinical implications. <i>Sleep Medicine Reviews</i> , 2017, 31, 17-24.	8.5	55
30	Insomnia in the Italian Population During Covid-19 Outbreak: A Snapshot on One Major Risk Factor for Depression and Anxiety. <i>Frontiers in Psychiatry</i> , 2020, 11, 579107.	2.6	53
31	Polysomnographic Characteristics of Sleep in Stroke: A Systematic Review and Meta-Analysis. <i>PLoS ONE</i> , 2016, 11, e0148496.	2.5	52
32	REM sleep and memory reorganization: Potential relevance for psychiatry and psychotherapy. <i>Neurobiology of Learning and Memory</i> , 2015, 122, 28-40.	1.9	48
33	Quality of Life Improvements after Acceptance and Commitment Therapy in Nonresponders to Cognitive Behavioral Therapy for Primary Insomnia. <i>Psychotherapy and Psychosomatics</i> , 2014, 83, 371-373.	8.8	45
34	Insomnia—perchance a dream? Results from a NREM/REM sleep awakening study in good sleepers and patients with insomnia. <i>Sleep</i> , 2018, 41, .	1.1	45
35	Neuroimaging Studies in Insomnia. <i>Current Psychiatry Reports</i> , 2013, 15, 405.	4.5	44
36	Insomnia with objective short sleep duration is associated with longer duration of insomnia in the Freiburg Insomnia Cohort compared to insomnia with normal sleep duration, but not with hypertension. <i>PLoS ONE</i> , 2017, 12, e0180339.	2.5	43

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37	Differential effects of bifrontal tDCS on arousal and sleep duration in insomnia patients and healthy controls. <i>Brain Stimulation</i> , 2019, 12, 674-683.	1.6	42
38	A Systematic Review and Network Meta-Analysis of Randomized Controlled Trials Evaluating the Evidence Base of Melatonin, Light Exposure, Exercise, and Complementary and Alternative Medicine for Patients with Insomnia Disorder. <i>Journal of Clinical Medicine</i> , 2020, 9, 1949.	2.4	40
39	Does cognitive behaviour therapy for insomnia reduce repetitive negative thinking and sleep-related worry beliefs? A systematic review and meta-analysis. <i>Sleep Medicine Reviews</i> , 2021, 55, 101378.	8.5	35
40	Magnetic Resonance Spectroscopy in Patients with Insomnia: A Repeated Measurement Study. <i>PLoS ONE</i> , 2016, 11, e0156771.	2.5	31
41	Sleep-Related Arousal Versus General Cognitive Arousal in Primary Insomnia. <i>Journal of Clinical Sleep Medicine</i> , 2012, 08, 431-437.	2.6	30
42	The exploratory power of sleep effort, dysfunctional beliefs and arousal for insomnia severity and polysomnography-determined sleep. <i>Journal of Sleep Research</i> , 2015, 24, 399-406.	3.2	29
43	Brain Reactivity and Selective Attention to Sleep-Related Words in Patients With Chronic Insomnia. <i>Behavioral Sleep Medicine</i> , 2018, 16, 587-600.	2.1	22
44	Perfectionism and Polysomnography-Determined Markers of Poor Sleep. <i>Journal of Clinical Sleep Medicine</i> , 2017, 13, 1319-1326.	2.6	20
45	Cognitive behavioural therapy for insomnia does not appear to have a substantial impact on early markers of cardiovascular disease: A preliminary randomized controlled trial. <i>Journal of Sleep Research</i> , 2020, 29, e13102.	3.2	16
46	Severity of insomnia, disordered eating symptoms, and depression in female university students. <i>Clinical Psychologist</i> , 2014, 18, 108-115.	0.8	15
47	Insomnia and poor sleep quality during peripartum: a family issue with potential long term consequences on mental health. <i>Journal of Maternal-Fetal and Neonatal Medicine</i> , 2020, , 1-9.	1.5	11
48	Your Place or Mine? Does the Sleep Location Matter in Young Couples?. <i>Behavioral Sleep Medicine</i> , 2017, 15, 87-96.	2.1	10
49	The Relationship between Brain Morphology and Polysomnography in Healthy Good Sleepers. <i>PLoS ONE</i> , 2014, 9, e109336.	2.5	10
50	PrÄvention psychischer StÄrungen durch kognitive Verhaltenstherapie bei Insomnie. <i>Somnologie</i> , 2015, 19, 88-92.	1.5	9
51	Considering Sleep, Mood, and Stress in a Family Context: A Preliminary Study. <i>Clocks &amp; Sleep</i> , 2019, 1, 259-272.	2.0	9
52	Perfectionistic Tendencies in Insomnia Patients' Behavior During Psychometric Testing. <i>Behavioral Sleep Medicine</i> , 2015, 13, 387-394.	2.1	8
53	The impact of COVID-19 on Italian adolescents'™ sleep and its association with psychological factors. <i>Journal of Sleep Research</i> , 2022, 31, .	3.2	8
54	Declarative virtual water maze learning and emotional fear conditioning in primary insomnia. <i>Journal of Sleep Research</i> , 2018, 27, e12693.	3.2	7

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55	Sleep Characteristics in Italian Children During Home Confinement Due to Covid-19 Outbreak.. , 2021, 18, 13-27.		7
56	Psychological correlates of insomnia in professional soccer players: An exploratory study. European Journal of Sport Science, 2022, 22, 897-905.	2.7	6
57	Insomnia evaluation and treatment during peripartum: a joint position paper from the European Insomnia Network task force "Sleep and Women," the Italian MarCÁ Society and international experts task force for perinatal mental health. Archives of Women's Mental Health, 2022, 25, 561-575.	2.6	6
58	The Association between Diurnal Sleep Patterns and Emotions in Infants and Toddlers Attending Nursery. Brain Sciences, 2020, 10, 891.	2.3	5
59	Psychophysiological reactivity to symptom-related emotional stimuli in insomnia: A replication and extension to disordered eating. Sleep and Biological Rhythms, 2013, 11, 20-28.	1.0	3
60	Future Directions in Insomnia Diagnosis and Treatment. , 2013, , 354-361.		3
61	Sleep Characteristics in the Italian Pediatric Population: A Systematic Review.. , 2021, 18, 119-136.		3
62	Mindfulness and self-compassion in dermatological conditions: a systematic narrative review. Psychology and Health, 2024, 39, 268-300.	2.2	3
63	Hippocampal and medial prefrontal cortical volume is associated with overnight declarative memory consolidation independent of specific sleep oscillations. Journal of Sleep Research, 2020, 29, e13062.	3.2	2
64	Future directions in insomnia diagnosis and treatment. , 2023, , 259-267.		2
65	Validation study of the Italian version of the Sleep Hygiene Index. Journal of Sleep Research, 2022, 31, e13445.	3.2	2
66	Treatment of insomnia" A preventive strategy for cardiovascular and mental disorders. Mental Health and Prevention, 2016, 4, 96-103.	1.3	1
67	Reply to Zhang etÁal.: Commentary interventions for sleep problems during pregnancy. Sleep Medicine Reviews, 2020, 51, 101284.	8.5	0
68	Efficacy of interventions for improving health in patients with multiple sclerosis on insomnia symptoms and sleep quality: A systematic review of randomized controlled trials. Journal of Behavioral and Cognitive Therapy, 2021, 31, 137-145.	1.4	0