

# Marco Tulio de Mello

## List of Publications by Year in descending order

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Version: 2024-02-01

357  
papers

12,516  
citations

29994

54  
h-index

43802

91  
g-index

366  
all docs

366  
docs citations

366  
times ranked

14419  
citing authors

#	ARTICLE	IF	CITATIONS
1	Validation of the International Restless Legs Syndrome Study Group rating scale for restless legs syndrome. <i>Sleep Medicine</i> , 2003, 4, 121-132.	0.8	1,488
2	The Impact of Resistance Exercise on the Cognitive Function of the Elderly. <i>Medicine and Science in Sports and Exercise</i> , 2007, 39, 1401-1407.	0.2	549
3	Spatial memory is improved by aerobic and resistance exercise through divergent molecular mechanisms. <i>Neuroscience</i> , 2012, 202, 309-317.	1.1	286
4	Effects of Energy Drink Ingestion on Alcohol Intoxication. <i>Alcoholism: Clinical and Experimental Research</i> , 2006, 30, 598-605.	1.4	244
5	Physical exercise, neuroplasticity, spatial learning and memory. <i>Cellular and Molecular Life Sciences</i> , 2016, 73, 975-983.	2.4	211
6	Sleep and muscle recovery: Endocrinological and molecular basis for a new and promising hypothesis. <i>Medical Hypotheses</i> , 2011, 77, 220-222.	0.8	187
7	High altitude exposure impairs sleep patterns, mood, and cognitive functions. <i>Psychophysiology</i> , 2012, 49, 1298-1306.	1.2	141
8	Relationship between Food Intake and Sleep Pattern in Healthy Individuals. <i>Journal of Clinical Sleep Medicine</i> , 2011, 07, 659-664.	1.4	129
9	Paradoxical sleep deprivation: neurochemical, hormonal and behavioral alterations. Evidence from 30 years of research. <i>Anais Da Academia Brasileira De Ciencias</i> , 2009, 81, 521-538.	0.3	128
10	Relationship between physical activity and depression and anxiety symptoms: A population study. <i>Journal of Affective Disorders</i> , 2013, 149, 241-246.	2.0	128
11	Effects of moderate aerobic exercise training on chronic primary insomnia. <i>Sleep Medicine</i> , 2011, 12, 1018-1027.	0.8	125
12	Incidence of periodic leg movements and of the restless legs syndrome during sleep following acute physical activity in spinal cord injury subjects. <i>Spinal Cord</i> , 1996, 34, 294-296.	0.9	115
13	Exercise, sleep and cytokines: Is there a relation?. <i>Sleep Medicine Reviews</i> , 2007, 11, 231-239.	3.8	115
14	Depression, anxiety and quality of life scores in seniors after an endurance exercise program. <i>Revista Brasileira De Psiquiatria</i> , 2005, 27, 266-271.	0.9	109
15	Mood, Anxiety, and Serum IGF-1 in Elderly Men Given 24 Weeks of High Resistance Exercise. <i>Perceptual and Motor Skills</i> , 2010, 110, 265-276.	0.6	99
16	The impact of sleep on age-related sarcopenia: Possible connections and clinical implications. <i>Ageing Research Reviews</i> , 2015, 23, 210-220.	5.0	99
17	Sleep disorders, sleepiness and traffic safety: a public health menace. <i>Brazilian Journal of Medical and Biological Research</i> , 2006, 39, 863-871.	0.7	93
18	Increasing trends of sleep complaints in the city of Sao Paulo, Brazil. <i>Sleep Medicine</i> , 2010, 11, 520-524.	0.8	92

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19	Moderate exercise training modulates cytokine profile and sleep in elderly people. <i>Cytokine</i> , 2012, 60, 731-735.	1.4	91
20	Sleep quality evaluation, chronotype, sleepiness and anxiety of Paralympic Brazilian athletes: Beijing 2008 Paralympic Games. <i>British Journal of Sports Medicine</i> , 2012, 46, 150-154.	3.1	91
21	Hypersomnolence and Accidents in Truck Drivers: A Cross-sectional Study. <i>Chronobiology International</i> , 2006, 23, 963-971.	0.9	88
22	Is exercise an alternative treatment for chronic insomnia?. <i>Clinics</i> , 2012, 67, 653-659.	0.6	87
23	Exercise training improves sleep pattern and metabolic profile in elderly people in a time-dependent manner. <i>Lipids in Health and Disease</i> , 2011, 10, 1-6.	1.2	86
24	Endotoxin levels correlate positively with a sedentary lifestyle and negatively with highly trained subjects. <i>Lipids in Health and Disease</i> , 2010, 9, 82.	1.2	85
25	Physical exercise performed before bedtime improves the sleep pattern of healthy young good sleepers. <i>Psychophysiology</i> , 2012, 49, 186-192.	1.2	83
26	Randomized controlled trial to evaluate the impact of aerobic exercise on visceral fat in overweight chronic kidney disease patients. <i>Nephrology Dialysis Transplantation</i> , 2014, 29, 857-864.	0.4	83
27	Nonalcoholic fatty liver disease decrease in obese adolescents after multidisciplinary therapy. <i>European Journal of Gastroenterology and Hepatology</i> , 2006, 18, 1241-1245.	0.8	82
28	Short- and long-term beneficial effects of a multidisciplinary therapy for the control of metabolic syndrome in obese adolescents. <i>Metabolism: Clinical and Experimental</i> , 2007, 56, 1293-1300.	1.5	81
29	Exercício físico e função cognitiva: uma revisão. <i>Revista Brasileira De Medicina Do Esporte</i> , 2006, 12, 108-114.	0.1	79
30	Relationship between nonalcoholic fatty liver disease prevalence and visceral fat in obese adolescents. <i>Digestive and Liver Disease</i> , 2008, 40, 132-139.	0.4	75
31	Association between chronotype, food intake and physical activity in medical residents. <i>Chronobiology International</i> , 2016, 33, 730-739.	0.9	74
32	Metabolic and Nutritional Profile of Obese Adolescents With Nonalcoholic Fatty Liver Disease. <i>Journal of Pediatric Gastroenterology and Nutrition</i> , 2007, 44, 446-452.	0.9	73
33	Interval training at 95% and 100% of the velocity at VO <sub>2</sub> max: effects on aerobic physiological indexes and running performance. <i>Applied Physiology, Nutrition and Metabolism</i> , 2006, 31, 737-743.	0.9	72
34	Short sleep duration and obesity: mechanisms and future perspectives. <i>Cell Biochemistry and Function</i> , 2012, 30, 524-529.	1.4	72
35	β-Hydroxy-β-methylbutyrate (HMB) supplementation stimulates skeletal muscle hypertrophy in rats via the mTOR pathway. <i>Nutrition and Metabolism</i> , 2011, 8, 11.	1.3	70
36	The effect of different training programs on antioxidant status, oxidative stress, and metabolic control in type 2 diabetes. <i>Applied Physiology, Nutrition and Metabolism</i> , 2012, 37, 334-344.	0.9	70

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37	Risk factors for depression in truck drivers. <i>Social Psychiatry and Psychiatric Epidemiology</i> , 2009, 44, 125-129.	1.6	68
38	Effects of home-based exercise training for patients with chronic heart failure and sleep apnoea: a randomized comparison of two different programmes. <i>Clinical Rehabilitation</i> , 2012, 26, 45-57.	1.0	68
39	Long-term effects of aerobic plus resistance training on the adipokines and neuropeptides in nonalcoholic fatty liver disease obese adolescents. <i>European Journal of Gastroenterology and Hepatology</i> , 2012, 24, 1.	0.8	68
40	Effects of Strength and Power Training on Neuromuscular Variables in Older Adults. <i>Journal of Aging and Physical Activity</i> , 2012, 20, 171-185.	0.5	66
41	The role of pro/anti-inflammatory adipokines on bone metabolism in NAFLD obese adolescents: effects of long-term interdisciplinary therapy. <i>Endocrine</i> , 2012, 42, 146-156.	1.1	66
42	A 20-week program of resistance or concurrent exercise improves symptoms of schizophrenia: results of a blind, randomized controlled trial. <i>Revista Brasileira De Psiquiatria</i> , 2015, 37, 271-279.	0.9	65
43	Comparison between dopaminergic agents and physical exercise as treatment for periodic limb movements in patients with spinal cord injury. <i>Spinal Cord</i> , 2004, 42, 218-221.	0.9	63
44	Obesidade e síndrome metabólica na infância e adolescência. <i>Revista De Nutricao</i> , 2004, 17, 237-245.	0.4	61
45	Impact of home-based aerobic exercise on the physical capacity of overweight patients with chronic kidney disease. <i>International Urology and Nephrology</i> , 2015, 47, 359-367.	0.6	61
46	Hormonal appetite control is altered by shift work: a preliminary study. <i>Metabolism: Clinical and Experimental</i> , 2011, 60, 1726-1735.	1.5	60
47	Relationship between the quality of life and the severity of obstructive sleep apnea syndrome. <i>Brazilian Journal of Medical and Biological Research</i> , 2008, 41, 908-913.	0.7	60
48	Intake of trans fatty acids during gestation and lactation leads to hypothalamic inflammation via TLR4/NF- $\kappa$ B/p65 signaling in adult offspring. <i>Journal of Nutritional Biochemistry</i> , 2012, 23, 265-271.	1.9	59
49	Aerobic plus resistance training was more effective in improving the visceral adiposity, metabolic profile and inflammatory markers than aerobic training in obese adolescents. <i>Journal of Sports Sciences</i> , 2014, 32, 1-11.	1.0	59
50	Sleep and Sleepiness among Brazilian Shift-Working Bus Drivers. <i>Chronobiology International</i> , 2004, 21, 881-888.	0.9	58
51	Long-Term Effects of Aerobic Plus Resistance Training on the Metabolic Syndrome and Adiponectinemia in Obese Adolescents. <i>Journal of Clinical Hypertension</i> , 2011, 13, 343-350.	1.0	58
52	Sleep habits and complaints of adults in the city of São Paulo, Brazil, in 1987 and 1995. <i>Brazilian Journal of Medical and Biological Research</i> , 2007, 40, 1505-1515.	0.7	57
53	Negative addiction to exercise: are there differences between genders?. <i>Clinics</i> , 2011, 66, 255-260.	0.6	57
54	Treatment of Obese Adolescents: The Influence of Periodization Models and ACE Genotype. <i>Obesity</i> , 2010, 18, 766-772.	1.5	56

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55	Visceral fat decreased by long-term interdisciplinary lifestyle therapy correlated positively with interleukin-6 and tumor necrosis factor $\alpha$ and negatively with adiponectin levels in obese adolescents. <i>Metabolism: Clinical and Experimental</i> , 2011, 60, 359-365.	1.5	56
56	Interdisciplinary therapy improves biomarkers profile and lung function in asthmatic obese adolescents. <i>Pediatric Pulmonology</i> , 2012, 47, 8-17.	1.0	56
57	Balance and fear of falling in subjects with Parkinson's disease is improved after exercises with motor complexity. <i>Gait and Posture</i> , 2018, 61, 90-97.	0.6	56
58	Does an Energy Drink Modify the Effects of Alcohol in a Maximal Effort Test?. <i>Alcoholism: Clinical and Experimental Research</i> , 2004, 28, 1408-1412.	1.4	55
59	Boosting in athletes with high-level spinal cord injury: knowledge, incidence and attitudes of athletes in paralympic sport. <i>Disability and Rehabilitation</i> , 2010, 32, 2172-2190.	0.9	55
60	Metabolic impact of shift work. <i>Work</i> , 2012, 41, 4376-4383.	0.6	54
61	O exerc�cio f�sico e os aspectos psicobiol�gicos. <i>Revista Brasileira De Medicina Do Esporte</i> , 2005, 11, 203-207.	0.1	53
62	Equil�brio, coordena�o e agilidade de idosos submetidos � pr�tica de exerc�cios f�sicos resistidos. <i>Revista Brasileira De Medicina Do Esporte</i> , 2008, 14, 88-93.	0.1	53
63	Paradoxical sleep deprivation induces muscle atrophy. <i>Muscle and Nerve</i> , 2012, 45, 431-433.	1.0	53
64	The effect of weight loss magnitude on pro-inflammatory adipokines and carotid intima-media thickness in obese adolescents engaged in interdisciplinary weight loss therapy. <i>Clinical Endocrinology</i> , 2013, 79, 55-64.	1.2	53
65	Unbalanced plasma TNF $\alpha$ and IL-12/IL-10 profile in women with migraine is associated with psychological and physiological outcomes. <i>Journal of Neuroimmunology</i> , 2017, 313, 138-144.	1.1	53
66	The influence of sleep and sleep loss upon food intake and metabolism. <i>Nutrition Research Reviews</i> , 2007, 20, 195-212.	2.1	52
67	Sleep Complaints in the Adult Brazilian Population: A National Survey Based on Screening Questions. <i>Journal of Clinical Sleep Medicine</i> , 2009, 05, 459-463.	1.4	52
68	Exercise deprivation increases negative mood in exercise-addicted subjects and modifies their biochemical markers. <i>Physiology and Behavior</i> , 2016, 156, 182-190.	1.0	51
69	Relationship between bone mineral density, leptin and insulin concentration in Brazilian obese adolescents. <i>Journal of Bone and Mineral Metabolism</i> , 2009, 27, 613-619.	1.3	50
70	Objective short sleep duration is associated with the activity of the hypothalamic-pituitary-adrenal axis in insomnia. <i>Arquivos De Neuro-Psiquiatria</i> , 2015, 73, 516-519.	0.3	50
71	Does the compromised sleep and circadian disruption of night and shiftworkers make them highly vulnerable to 2019 coronavirus disease (COVID-19)?. <i>Chronobiology International</i> , 2020, 37, 607-617.	0.9	50
72	Quality of life in Brazilian obese adolescents: effects of a long-term multidisciplinary lifestyle therapy. <i>Health and Quality of Life Outcomes</i> , 2009, 7, 61.	1.0	49

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73	Dietary Patterns, Metabolic Markers and Subjective Sleep Measures in Resident Physicians. <i>Chronobiology International</i> , 2013, 30, 1032-1041.	0.9	49
74	Aerobic Plus Resistance Training Improves Bone Metabolism and Inflammation in Adolescents who Are Obese. <i>Journal of Strength and Conditioning Research</i> , 2014, 28, 758-766.	1.0	49
75	Sleep disorders as a cause of motor vehicle collisions. <i>International Journal of Preventive Medicine</i> , 2013, 4, 246-57.	0.2	49
76	Changes in the Salivary Biomarkers Induced by an Effort Test. <i>International Journal of Sports Medicine</i> , 2010, 31, 377-381.	0.8	48
77	Inflammation and adipose tissue: effects of progressive load training in rats. <i>Lipids in Health and Disease</i> , 2010, 9, 109.	1.2	48
78	Treatment of moderate obstructive sleep apnea syndrome with acupuncture: A randomised, placebo-controlled pilot trial. <i>Sleep Medicine</i> , 2007, 8, 43-50.	0.8	47
79	Physiological and electroencephalographic responses to acute exhaustive physical exercise in people with juvenile myoclonic epilepsy. <i>Epilepsy and Behavior</i> , 2011, 22, 718-722.	0.9	46
80	Effects of exercise training associated with continuous positive airway pressure treatment in patients with obstructive sleep apnea syndrome. <i>Sleep and Breathing</i> , 2012, 16, 723-735.	0.9	46
81	Resistance exercise improves hippocampus-dependent memory. <i>Brazilian Journal of Medical and Biological Research</i> , 2012, 45, 1215-1220.	0.7	46
82	Multidisciplinary Approach to the Treatment of Obese Adolescents: Effects on Cardiovascular Risk Factors, Inflammatory Profile, and Neuroendocrine Regulation of Energy Balance. <i>International Journal of Endocrinology</i> , 2013, 2013, 1-10.	0.6	46
83	A strength exercise program in rats with epilepsy is protective against seizures. <i>Epilepsy and Behavior</i> , 2012, 25, 323-328.	0.9	45
84	Treatment of periodic leg movements with a dopaminergic agonist in subjects with total spinal cord lesions. <i>Spinal Cord</i> , 1999, 37, 634-637.	0.9	44
85	Exercise Improves Immune Function, Antidepressive Response, and Sleep Quality in Patients with Chronic Primary Insomnia. <i>BioMed Research International</i> , 2014, 2014, 1-7.	0.9	44
86	Sleep and COVID-19: considerations about immunity, pathophysiology, and treatment. <i>Sleep Science</i> , 2020, 13, 199-209.	0.4	44
87	Effect of Acute and Chronic Physical Exercise on Patients with Periodic Leg Movements. <i>Medicine and Science in Sports and Exercise</i> , 2009, 41, 237-242.	0.2	43
88	Effect of aerobic training on ventilatory muscle endurance of spinal cord injured men. <i>Spinal Cord</i> , 1998, 36, 240-245.	0.9	42
89	Reduction of periodic leg movement in individuals with paraplegia following aerobic physical exercise. <i>Spinal Cord</i> , 2002, 40, 646-649.	0.9	41
90	Comparison of the effects of continuous positive airway pressure, oral appliance and exercise training in obstructive sleep apnea syndrome. <i>Clinics</i> , 2013, 68, 1168-1174.	0.6	41

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91	The role of multicomponent therapy in the metabolic syndrome, inflammation and cardiovascular risk in obese adolescents. <i>British Journal of Nutrition</i> , 2015, 113, 1920-1930.	1.2	39
92	Occurrence of limb movement during sleep in rats with spinal cord injury. <i>Brain Research</i> , 2004, 1017, 32-38.	1.1	38
93	METABOLIC RESPONSES ON THE EARLY SHIFT. <i>Chronobiology International</i> , 2010, 27, 1080-1092.	0.9	38
94	Sleep pattern is associated with adipokine levels and nutritional markers in resident physicians. <i>Chronobiology International</i> , 2014, 31, 1130-1138.	0.9	38
95	The impact of sleep duration on self-rated health. <i>Sleep Science</i> , 2014, 7, 107-113.	0.4	38
96	Sitting and Television Viewing. <i>Chest</i> , 2015, 147, 728-734.	0.4	38
97	Hyperleptinemia in obese adolescents deregulates neuropeptides during weight loss. <i>Peptides</i> , 2011, 32, 1384-1391.	1.2	36
98	Improvement in HOMA-IR is an independent predictor of reduced carotid intima-media thickness in obese adolescents participating in an interdisciplinary weight-loss program. <i>Hypertension Research</i> , 2011, 34, 232-238.	1.5	36
99	Blunted Maximal and Submaximal Responses to Cardiopulmonary Exercise Tests in Patients With Parkinson Disease. <i>Archives of Physical Medicine and Rehabilitation</i> , 2016, 97, 720-725.	0.5	36
100	Effects of resistance exercise training and stretching on chronic insomnia. <i>Revista Brasileira De Psiquiatria</i> , 2019, 41, 51-57.	0.9	36
101	Effects of type of physical exercise and leisure activities on the depression scores of obese Brazilian adolescent girls. <i>Brazilian Journal of Medical and Biological Research</i> , 2005, 38, 1683-1689.	0.7	35
102	The Role of PAI-1 and Adiponectin on the Inflammatory State and Energy Balance in Obese Adolescents with Metabolic Syndrome. <i>Inflammation</i> , 2012, 35, 944-951.	1.7	35
103	Association of nonalcoholic fatty liver disease with cardiovascular risk factors in obese adolescents: The role of interdisciplinary therapy. <i>Journal of Clinical Lipidology</i> , 2014, 8, 265-272.	0.6	35
104	New body fat prediction equations for severely obese patients. <i>Clinical Nutrition</i> , 2008, 27, 350-356.	2.3	34
105	Prevalence of and risk factors for obstructive sleep apnea syndrome in Brazilian railroad workers. <i>Sleep Medicine</i> , 2012, 13, 1028-1032.	0.8	33
106	Effects of Sleep Deprivation on Acute Skeletal Muscle Recovery after Exercise. <i>Medicine and Science in Sports and Exercise</i> , 2020, 52, 507-514.	0.2	33
107	Levantamento epidemiolÃ³gico da prÃ¡tica de atividade fÃsica na cidade de SÃ£o Paulo. <i>Revista Brasileira De Medicina Do Esporte</i> , 2000, 6, 119-124.	0.1	32
108	Resistance training minimizes catabolic effects induced by sleep deprivation in rats. <i>Applied Physiology, Nutrition and Metabolism</i> , 2015, 40, 1143-1150.	0.9	32

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109	Effects of Progressive Resistance Training on Cardiovascular Autonomic Regulation in Patients With Parkinson Disease: A Randomized Controlled Trial. Archives of Physical Medicine and Rehabilitation, 2017, 98, 2134-2141.	0.5	32
110	A percepção de qualidade de vida de pessoas portadoras de deficiência física pode ser influenciada pela prática de atividade física?. Revista Brasileira De Medicina Do Esporte, 2009, 15, 174-178.	0.1	31
111	Sleep deprivation affects inflammatory marker expression in adipose tissue. Lipids in Health and Disease, 2010, 9, 125.	1.2	31
112	Effects of Exercise Training and CPAP in Patients With Heart Failure and OSA. Chest, 2018, 154, 808-817.	0.4	31
113	Correlation between K complex, periodic leg movements (PLM), and myoclonus during sleep in paraplegic adults before and after an acute physical activity. Spinal Cord, 1997, 35, 248-252.	0.9	30
114	Aerobic training (AT) is more effective than aerobic plus resistance training (AT+RT) to improve anorexigenic/orexigenic factors in obese adolescents. Appetite, 2013, 69, 168-173.	1.8	30
115	Nutritional status of adventure racers. Nutrition, 2007, 23, 404-411.	1.1	29
116	Does physical exercise reduce excessive daytime sleepiness by improving inflammatory profiles in obstructive sleep apnea patients?. Sleep and Breathing, 2013, 17, 505-510.	0.9	29
117	Low-Grade Inflammation and Spinal Cord Injury: Exercise as Therapy?. Mediators of Inflammation, 2013, 2013, 1-7.	1.4	29
118	Effectiveness of Aquatic Exercises in Women With Rheumatoid Arthritis. American Journal of Physical Medicine and Rehabilitation, 2017, 96, 167-175.	0.7	29
119	Exercício e sono. Revista Brasileira De Medicina Do Esporte, 2001, 7, 28-36.	0.1	29
120	Gender differences in the sleep habits of 11-13 year olds. Revista Brasileira De Psiquiatria, 2009, 31, 358-361.	0.9	28
121	Correlação entre qualidade de vida e capacidade funcional na insuficiência cardíaca. Arquivos Brasileiros De Cardiologia, 2010, 95, 238-243.	0.3	28
122	Animal model for progressive resistance exercise: a detailed description of model and its implications for basic research in exercise. Motriz Revista De Educacao Fisica, 2013, 19, 178-184.	0.3	28
123	Prevalence and risk factors of metabolic syndrome in Brazilian and Italian obese adolescents: a comparison study. International Journal of Clinical Practice, 2008, 62, 1526-1532.	0.8	27
124	Sleep Complaints and Polysomnographic Findings: A Study of Nuclear Power Plant Shift Workers. Chronobiology International, 2008, 25, 321-331.	0.9	27
125	Aerobic exercise attenuates inhibitory avoidance memory deficit induced by paradoxical sleep deprivation in rats. Brain Research, 2013, 1529, 66-73.	1.1	27
126	Linear and undulating periodized strength plus aerobic training promote similar benefits and lead to improvement of insulin resistance on obese adolescents. Journal of Diabetes and Its Complications, 2015, 29, 258-264.	1.2	27



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127	The role of free fatty acids in the inflammatory and cardiometabolic profile in adolescents with metabolic syndrome engaged in interdisciplinary therapy. <i>Journal of Nutritional Biochemistry</i> , 2016, 33, 136-144.	1.9	27
128	Catecholamine response to exercise in individuals with different levels of paraplegia. <i>Brazilian Journal of Medical and Biological Research</i> , 2000, 33, 913-918.	0.7	26
129	Long-Term Effects of Metformin and Lifestyle Modification on Nonalcoholic Fatty Liver Disease Obese Adolescents. <i>Journal of Obesity</i> , 2010, 2010, 1-6.	1.1	26
130	The influence of physical exercise and leisure activity on neuropsychological functioning in older adults. <i>Age</i> , 2015, 37, 9815.	3.0	26
131	REM sleep deprivation impairs muscle regeneration in rats. <i>Growth Factors</i> , 2017, 35, 12-18.	0.5	26
132	Influência do treinamento aeróbio e anaeróbio na massa de gordura corporal de adolescentes obesos. <i>Revista Brasileira De Medicina Do Esporte</i> , 2004, 10, 152-158.	0.1	25
133	The role of anorexigenic and orexigenic neuropeptides and peripheral signals on quartiles of weight loss in obese adolescents. <i>Neuropeptides</i> , 2010, 44, 467-474.	0.9	25
134	Carbohydrate and glutamine supplementation modulates the Th1/Th2 balance after exercise performed at a simulated altitude of 4500Am. <i>Nutrition</i> , 2014, 30, 1331-1336.	1.1	25
135	Shoulder rotator strength and torque steadiness in athletes with anterior shoulder instability or SLAP lesion. <i>Journal of Science and Medicine in Sport</i> , 2014, 17, 463-468.	0.6	25
136	Is there a role for leptin in the reduction of depression symptoms during weight loss therapy in obese adolescent girls and boys?. <i>Peptides</i> , 2015, 65, 20-28.	1.2	25
137	Poor Sleep Quality's Association With Soccer Injuries: Preliminary Data. <i>International Journal of Sports Physiology and Performance</i> , 2020, 15, 671-676.	1.1	25
138	Reciprocal interactions of obstructive sleep apnea and hypertension associated with ACE I/D polymorphism in males. <i>Sleep Medicine</i> , 2009, 10, 1107-1111.	0.8	24
139	Negative correlation between neuropeptide Y/agouti-related protein concentration and adiponectinemia in nonalcoholic fatty liver disease obese adolescents submitted to a long-term interdisciplinary therapy. <i>Metabolism: Clinical and Experimental</i> , 2010, 59, 613-619.	1.5	24
140	Long-term interdisciplinary therapy reduces endotoxin level and insulin resistance in obese adolescents. <i>Nutrition Journal</i> , 2012, 11, 74.	1.5	24
141	Resistance exercise: A non-pharmacological strategy to minimize or reverse sleep deprivation-induced muscle atrophy. <i>Medical Hypotheses</i> , 2013, 80, 701-705.	0.8	24
142	Cardiac Work Remains High after Strength Exercise in Elderly. <i>International Journal of Sports Medicine</i> , 2013, 34, 391-397.	0.8	23
143	Hyperleptinemia: Implications on the Inflammatory State and Vascular Protection in Obese Adolescents Submitted to an Interdisciplinary Therapy. <i>Inflammation</i> , 2014, 37, 35-43.	1.7	23
144	Cardiac, ventilatory, and metabolic adjustments in chronic obstructive pulmonary disease patients during the performance of Glittre activities of daily living test. <i>Chronic Respiratory Disease</i> , 2014, 11, 247-255.	1.0	23

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145	Motivational and evolutionary aspects of a physical exercise training program: a longitudinal study. <i>Frontiers in Psychology</i> , 2015, 6, 648.	1.1	23
146	Leucine supplementation is anti-atrophic during paradoxical sleep deprivation in rats. <i>Amino Acids</i> , 2016, 48, 949-957.	1.2	23
147	Resistance training with instability is more effective than resistance training in improving spinal inhibitory mechanisms in Parkinson's disease. <i>Journal of Applied Physiology</i> , 2017, 122, 1-10.	1.2	23
148	The quantification of game-induced muscle fatigue in amputee soccer players. <i>Journal of Sports Medicine and Physical Fitness</i> , 2017, 57, 766-772.	0.4	23
149	Relationship between Brazilian airline pilot errors and time of day. <i>Brazilian Journal of Medical and Biological Research</i> , 2008, 41, 1129-1131.	0.7	22
150	EFFECT OF ENDURANCE TRAINING ON HYPOTHALAMIC SEROTONIN CONCENTRATION AND PERFORMANCE. <i>Clinical and Experimental Pharmacology and Physiology</i> , 2009, 36, 189-191.	0.9	22
151	Influence of visceral and subcutaneous fat in bone mineral density of obese adolescents. <i>Arquivos Brasileiros De Endocrinologia E Metabologia</i> , 2012, 56, 12-18.	1.3	22
152	The effects of a session of resistance training on sleep patterns in the elderly. <i>European Journal of Applied Physiology</i> , 2012, 112, 2403-2408.	1.2	22
153	High-Intensity Progressive Resistance Training Increases Strength With No Change in Cardiovascular Function and Autonomic Neural Regulation in Older Adults. <i>Journal of Aging and Physical Activity</i> , 2015, 23, 339-345.	0.5	22
154	Hormonal Alteration in Obese Adolescents with Eating Disorder: Effects of Multidisciplinary Therapy. <i>Hormone Research</i> , 2008, 70, 79-84.	1.8	21
155	A link between sleep loss, glucose metabolism and adipokines. <i>Brazilian Journal of Medical and Biological Research</i> , 2011, 44, 992-999.	0.7	21
156	2016 Rio Olympic Games: Can the schedule of events compromise athletes' performance?. <i>Chronobiology International</i> , 2016, 33, 435-440.	0.9	21
157	Night shift work and immune response to the meningococcal conjugate vaccine in healthy workers: a proof of concept study. <i>Sleep Medicine</i> , 2020, 75, 263-275.	0.8	21
158	Effects of Shift Work on the Postural and Psychomotor Performance of Night Workers. <i>PLoS ONE</i> , 2016, 11, e0151609.	1.1	21
159	Polysomnographic sleep aspects in liver cirrhosis: A case control study. <i>World Journal of Gastroenterology</i> , 2013, 19, 3433.	1.4	21
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