

Marco Tulio de Mello

List of Publications by Citations

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338
papers

9,425
citations

47
h-index

80
g-index

366
ext. papers

10,836
ext. citations

2.8
avg, IF

5.87
L-index

#	Paper	IF	Citations
338	Validation of the International Restless Legs Syndrome Study Group rating scale for restless legs syndrome. <i>Sleep Medicine</i> , 2003 , 4, 121-32	4.6	1256
337	The impact of resistance exercise on the cognitive function of the elderly. <i>Medicine and Science in Sports and Exercise</i> , 2007 , 39, 1401-7	1.2	424
336	Spatial memory is improved by aerobic and resistance exercise through divergent molecular mechanisms. <i>Neuroscience</i> , 2012 , 202, 309-17	3.9	225
335	Effects of energy drink ingestion on alcohol intoxication. <i>Alcoholism: Clinical and Experimental Research</i> , 2006 , 30, 598-605	3.7	198
334	Sleep and muscle recovery: endocrinological and molecular basis for a new and promising hypothesis. <i>Medical Hypotheses</i> , 2011 , 77, 220-2	3.8	133
333	Physical exercise, neuroplasticity, spatial learning and memory. <i>Cellular and Molecular Life Sciences</i> , 2016 , 73, 975-83	10.3	129
332	High altitude exposure impairs sleep patterns, mood, and cognitive functions. <i>Psychophysiology</i> , 2012 , 49, 1298-306	4.1	104
331	Paradoxical sleep deprivation: neurochemical, hormonal and behavioral alterations. Evidence from 30 years of research. <i>Anais Da Academia Brasileira De Ciencias</i> , 2009 , 81, 521-38	1.4	103
330	Effects of moderate aerobic exercise training on chronic primary insomnia. <i>Sleep Medicine</i> , 2011 , 12, 1018-27	4.6	101
329	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, 294-6	2.7	99
328	Exercise, sleep and cytokines: is there a relation?. <i>Sleep Medicine Reviews</i> , 2007 , 11, 231-9	10.2	94
327	Relationship between physical activity and depression and anxiety symptoms: a population study. <i>Journal of Affective Disorders</i> , 2013 , 149, 241-6	6.6	90
326	Depression, anxiety and quality of life scores in seniors after an endurance exercise program. <i>Revista Brasileira De Psiquiatria</i> , 2005 , 27, 266-71	2.6	88
325	Relationship between food intake and sleep pattern in healthy individuals. <i>Journal of Clinical Sleep Medicine</i> , 2011 , 7, 659-64	3.1	84
324	Mood, anxiety, and serum IGF-1 in elderly men given 24 weeks of high resistance exercise. <i>Perceptual and Motor Skills</i> , 2010 , 110, 265-76	2.2	80
323	Altered affective response to exercise is changed after moderate aerobic exercise training in migraine. <i>Journal of Headache and Pain</i> , 2013 , 14,	8.8	78
322	Hypersomnolence and accidents in truck drivers: A cross-sectional study. <i>Chronobiology International</i> , 2006 , 23, 963-71	3.6	74

321	Nonalcoholic fatty liver disease decrease in obese adolescents after multidisciplinary therapy. <i>European Journal of Gastroenterology and Hepatology</i> , 2006 , 18, 1241-5	2.2	74
320	Moderate exercise training modulates cytokine profile and sleep in elderly people. <i>Cytokine</i> , 2012 , 60, 731-5	4	72
319	Sleep quality evaluation, chronotype, sleepiness and anxiety of Paralympic Brazilian athletes: Beijing 2008 Paralympic Games. <i>British Journal of Sports Medicine</i> , 2012 , 46, 150-4	10.3	72
318	Sleep disorders, sleepiness and traffic safety: a public health menace. <i>Brazilian Journal of Medical and Biological Research</i> , 2006 , 39, 863-71	2.8	70
317	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, 1293-300	12.7	69
316	Is exercise an alternative treatment for chronic insomnia?. <i>Clinics</i> , 2012 , 67, 653-60	2.3	68
315	Endotoxin levels correlate positively with a sedentary lifestyle and negatively with highly trained subjects. <i>Lipids in Health and Disease</i> , 2010 , 9, 82	4.4	66
314	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, 857-64	4.3	64
313	Increasing trends of sleep complaints in the city of Sao Paulo, Brazil. <i>Sleep Medicine</i> , 2010 , 11, 520-4	4.6	64
312	Metabolic and nutritional profile of obese adolescents with nonalcoholic fatty liver disease. <i>Journal of Pediatric Gastroenterology and Nutrition</i> , 2007 , 44, 446-52	2.8	64
311	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	4.4	63
310	Physical exercise performed before bedtime improves the sleep pattern of healthy young good sleepers. <i>Psychophysiology</i> , 2012 , 49, 186-92	4.1	60
309	β-Hydroxy-β-methylbutyrate (HMB) supplementation stimulates skeletal muscle hypertrophy in rats via the mTOR pathway. <i>Nutrition and Metabolism</i> , 2011 , 8, 11	4.6	60
308	Interval training at 95% and 100% of the velocity at VO ₂ max: effects on aerobic physiological indexes and running performance. <i>Applied Physiology, Nutrition and Metabolism</i> , 2006 , 31, 737-43	3	60
307	The impact of sleep on age-related sarcopenia: Possible connections and clinical implications. <i>Ageing Research Reviews</i> , 2015 , 23, 210-20	12	59
306	Relationship between nonalcoholic fatty liver disease prevalence and visceral fat in obese adolescents. <i>Digestive and Liver Disease</i> , 2008 , 40, 132-9	3.3	59
305	Effects of strength and power training on neuromuscular variables in older adults. <i>Journal of Aging and Physical Activity</i> , 2012 , 20, 171-85	1.6	58
304	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, 334-44	3	55

303	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, 218-21	2.7	53
302	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, 146-56	4	51
301	Hormonal appetite control is altered by shift work: a preliminary study. <i>Metabolism: Clinical and Experimental</i> , 2011 , 60, 1726-35	12.7	51
300	Sleep and sleepiness among Brazilian shift-working bus drivers. <i>Chronobiology International</i> , 2004 , 21, 881-8	3.6	51
299	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, 1313-24	2.2	50
298	Intake of trans fatty acids during gestation and lactation leads to hypothalamic inflammation via TLR4/NFBp65 signaling in adult offspring. <i>Journal of Nutritional Biochemistry</i> , 2012 , 23, 265-71	6.3	49
297	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, 2172-90	2.4	49
296	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, 1435-45	3.6	48
295	Short sleep duration and obesity: mechanisms and future perspectives. <i>Cell Biochemistry and Function</i> , 2012 , 30, 524-9	4.2	48
294	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	3.3	48
293	Interdisciplinary therapy improves biomarkers profile and lung function in asthmatic obese adolescents. <i>Pediatric Pulmonology</i> , 2012 , 47, 8-17	3.5	47
292	Treatment of obese adolescents: the influence of periodization models and ACE genotype. <i>Obesity</i> , 2010 , 18, 766-72	8	47
291	The effect of weight loss magnitude on pro-/anti-inflammatory adipokines and carotid intima-media thickness in obese adolescents engaged in interdisciplinary weight loss therapy. <i>Clinical Endocrinology</i> , 2013 , 79, 55-64	3.4	46
290	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, 359-67	2.3	45
289	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, 343-50	2.3	45
288	Visceral fat decreased by long-term interdisciplinary lifestyle therapy correlated positively with interleukin-6 and tumor necrosis factor- α and negatively with adiponectin levels in obese adolescents. <i>Metabolism: Clinical and Experimental</i> , 2011 , 60, 359-65	12.7	45
287	Risk factors for depression in truck drivers. <i>Social Psychiatry and Psychiatric Epidemiology</i> , 2009 , 44, 125-9	4.5	44
286	The influence of sleep and sleep loss upon food intake and metabolism. <i>Nutrition Research Reviews</i> , 2007 , 20, 195-212	7	43

285	Does an energy drink modify the effects of alcohol in a maximal effort test?. <i>Alcoholism: Clinical and Experimental Research</i> , 2004 , 28, 1408-12	3.7	43
284	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, 908-13	2.8	43
283	Sleep disorders as a cause of motor vehicle collisions. <i>International Journal of Preventive Medicine</i> , 2013 , 4, 246-57	1.6	43
282	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, 271-9	2.6	42
281	Metabolic impact of shift work. <i>Work</i> , 2012 , 41 Suppl 1, 4376-83	1.6	42
280	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	3	42
279	Exercício físico e função cognitiva: uma revisão. <i>Revista Brasileira De Medicina Do Esporte</i> , 2006 , 12, 1085-114	4.5	42
278	Aerobic plus resistance training improves bone metabolism and inflammation in adolescents who are obese. <i>Journal of Strength and Conditioning Research</i> , 2014 , 28, 758-66	3.2	41
277	Negative addiction to exercise: are there differences between genders?. <i>Clinics</i> , 2011 , 66, 255-60	2.3	41
276	Effect of aerobic training on ventilatory muscle endurance of spinal cord injured men. <i>Spinal Cord</i> , 1998 , 36, 240-5	2.7	41
275	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	2.8	41
274	Inflammation and adipose tissue: effects of progressive load training in rats. <i>Lipids in Health and Disease</i> , 2010 , 9, 109	4.4	40
273	Association between chronotype, food intake and physical activity in medical residents. <i>Chronobiology International</i> , 2016 , 33, 730-9	3.6	40
272	Relationship between bone mineral density, leptin and insulin concentration in Brazilian obese adolescents. <i>Journal of Bone and Mineral Metabolism</i> , 2009 , 27, 613-9	2.9	39
271	Exercise deprivation increases negative mood in exercise-addicted subjects and modifies their biochemical markers. <i>Physiology and Behavior</i> , 2016 , 156, 182-90	3.5	38
270	Resistance exercise improves hippocampus-dependent memory. <i>Brazilian Journal of Medical and Biological Research</i> , 2012 , 45, 1215-20	2.8	38
269	Changes in the salivary biomarkers induced by an effort test. <i>International Journal of Sports Medicine</i> , 2010 , 31, 377-81	3.6	38
268	Treatment of periodic leg movements with a dopaminergic agonist in subjects with total spinal cord lesions. <i>Spinal Cord</i> , 1999 , 37, 634-7	2.7	38

267	Effect of acute and chronic physical exercise on patients with periodic leg movements. <i>Medicine and Science in Sports and Exercise</i> , 2009 , 41, 237-42	1.2	37
266	A strength exercise program in rats with epilepsy is protective against seizures. <i>Epilepsy and Behavior</i> , 2012 , 25, 323-8	3.2	36
265	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, 723-35	3.1	35
264	Comparison of the effects of continuous positive airway pressure, oral appliance and exercise training in obstructive sleep apnea syndrome. <i>Clinics</i> , 2013 , 68, 1168-74	2.3	35
263	Physiological and electroencephalographic responses to acute exhaustive physical exercise in people with juvenile myoclonic epilepsy. <i>Epilepsy and Behavior</i> , 2011 , 22, 718-22	3.2	35
262	Metabolic responses on the early shift. <i>Chronobiology International</i> , 2010 , 27, 1080-92	3.6	35
261	Treatment of moderate obstructive sleep apnea syndrome with acupuncture: a randomised, placebo-controlled pilot trial. <i>Sleep Medicine</i> , 2007 , 8, 43-50	4.6	35
260	Reduction of periodic leg movement in individuals with paraplegia following aerobic physical exercise. <i>Spinal Cord</i> , 2002 , 40, 646-9	2.7	35
259	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, 516-9	1.6	34
258	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, 541032	2.7	34
257	The role of multicomponent therapy in the metabolic syndrome, inflammation and cardiovascular risk in obese adolescents. <i>British Journal of Nutrition</i> , 2015 , 113, 1920-30	3.6	33
256	Paradoxical sleep deprivation induces muscle atrophy. <i>Muscle and Nerve</i> , 2012 , 45, 431-3	3.4	33
255	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	3.1	33
254	Unbalanced plasma TNF- α 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	3.5	31
253	Exercise improves immune function, antidepressive response, and sleep quality in patients with chronic primary insomnia. <i>BioMed Research International</i> , 2014 , 2014, 498961	3	31
252	Dietary patterns, metabolic markers and subjective sleep measures in resident physicians. <i>Chronobiology International</i> , 2013 , 30, 1032-41	3.6	31
251	Hyperleptinemia in obese adolescents deregulates neuropeptides during weight loss. <i>Peptides</i> , 2011 , 32, 1384-91	3.8	31
250	Obesidade e s^ndrome metab^lica na inf^ncia e adolesc^ncia. <i>Revista De Nutricao</i> , 2004 , 17, 237-245	1.8	31

249	Occurrence of limb movement during sleep in rats with spinal cord injury. <i>Brain Research</i> , 2004 , 1017, 32-8	3.7	31
248	The impact of sleep duration on self-rated health. <i>Sleep Science</i> , 2014 , 7, 107-13	1.8	30
247	Equil�rio, 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	0.5	30
246	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	2.6	29
245	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, 232-8	4.7	29
244	O exerc�cio f�sico e os aspectos psicobiol�gicos. <i>Revista Brasileira De Medicina Do Esporte</i> , 2005 , 11, 203-207	3.0	29
243	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	3.6	28
242	Sleep pattern is associated with adipokine levels and nutritional markers in resident physicians. <i>Chronobiology International</i> , 2014 , 31, 1130-8	3.6	27
241	Aerobic training (AT) is more effective than aerobic plus resistance training (AT+RT) to improve anorexic/orexic factors in obese adolescents. <i>Appetite</i> , 2013 , 69, 168-73	4.5	27
240	New body fat prediction equations for severely obese patients. <i>Clinical Nutrition</i> , 2008 , 27, 350-6	5.9	27
239	Sitting and television viewing: novel risk factors for sleep disturbance and apnea risk? results from the 2013 National Sleep Foundation Sleep in America Poll. <i>Chest</i> , 2015 , 147, 728-734	5.3	26
238	Prevalence of and risk factors for obstructive sleep apnea syndrome in Brazilian railroad workers. <i>Sleep Medicine</i> , 2012 , 13, 1028-32	4.6	26
237	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, 944-51	5.1	26
236	Correlation between K complex, periodic leg movements (PLM), and myoclonus during sleep in paraplegic adults before and after an acute physical activity. <i>Spinal Cord</i> , 1997 , 35, 248-52	2.7	26
235	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, 1683-9	2.8	26
234	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, 265-72	4.9	25
233	Does physical exercise reduce excessive daytime sleepiness by improving inflammatory profiles in obstructive sleep apnea patients?. <i>Sleep and Breathing</i> , 2013 , 17, 505-10	3.1	25
232	Sleep deprivation affects inflammatory marker expression in adipose tissue. <i>Lipids in Health and Disease</i> , 2010 , 9, 125	4.4	25

231	Resistance training minimizes catabolic effects induced by sleep deprivation in rats. <i>Applied Physiology, Nutrition and Metabolism</i> , 2015 , 40, 1143-50	3	24
230	The role of anorexigenic and orexigenic neuropeptides and peripheral signals on quartiles of weight loss in obese adolescents. <i>Neuropeptides</i> , 2010 , 44, 467-74	3.3	24
229	Levantamento epidemiológico da prática de atividade física na cidade de São Paulo. <i>Revista Brasileira De Medicina Do Esporte</i> , 2000 , 6, 119-124	0.5	24
228	Linear and undulating periodized strength plus aerobic training promote similar benefits and lead to improvement of insulin resistance on obese adolescents. <i>Journal of Diabetes and Its Complications</i> , 2015 , 29, 258-64	3.2	23
227	Low-grade inflammation and spinal cord injury: exercise as therapy?. <i>Mediators of Inflammation</i> , 2013 , 2013, 971841	4.3	23
226	Sleep complaints and polysomnographic findings: a study of nuclear power plant shift workers. <i>Chronobiology International</i> , 2008 , 25, 321-31	3.6	23
225	Nutritional status of adventure racers. <i>Nutrition</i> , 2007 , 23, 404-11	4.8	23
224	Blunted Maximal and Submaximal Responses to Cardiopulmonary Exercise Tests in Patients With Parkinson Disease. <i>Archives of Physical Medicine and Rehabilitation</i> , 2016 , 97, 720-5	2.8	22
223	Aerobic exercise attenuates inhibitory avoidance memory deficit induced by paradoxical sleep deprivation in rats. <i>Brain Research</i> , 2013 , 1529, 66-73	3.7	22
222	Long-term interdisciplinary therapy reduces endotoxin level and insulin resistance in obese adolescents. <i>Nutrition Journal</i> , 2012 , 11, 74	4.3	22
221	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, 613-9	12.7	22
220	Catecholamine response to exercise in individuals with different levels of paraplegia. <i>Brazilian Journal of Medical and Biological Research</i> , 2000 , 33, 913-8	2.8	22
219	Effects of Progressive Resistance Training on Cardiovascular Autonomic Regulation in Patients With Parkinson Disease: A Randomized Controlled Trial. <i>Archives of Physical Medicine and Rehabilitation</i> , 2017 , 98, 2134-2141	2.8	21
218	Long-term effects of metformin and lifestyle modification on nonalcoholic Fatty liver disease obese adolescents. <i>Journal of Obesity</i> , 2010 , 2010,	3.7	21
217	Gender differences in the sleep habits of 11-13 year olds. <i>Revista Brasileira De Psiquiatria</i> , 2009 , 31, 358-61	6.16	21
216	Reciprocal interactions of obstructive sleep apnea and hypertension associated with ACE I/D polymorphism in males. <i>Sleep Medicine</i> , 2009 , 10, 1107-11	4.6	20
215	Exercício e sono. <i>Revista Brasileira De Medicina Do Esporte</i> , 2001 , 7, 28-36	0.5	20
214	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, 136-44	6.3	20

213	Effects of Exercise Training and CPAP in Patients With Heart Failure and OSA: A Preliminary Study. <i>Chest</i> , 2018 , 154, 808-817	5.3	20
212	Effectiveness of Aquatic Exercises in Women With Rheumatoid Arthritis: A Randomized, Controlled, 16-Week Intervention-The HYDRA Trial. <i>American Journal of Physical Medicine and Rehabilitation</i> , 2017 , 96, 167-175	2.6	19
211	The influence of physical exercise and leisure activity on neuropsychological functioning in older adults. <i>Age</i> , 2015 , 37, 9815		19
210	Hyperleptinemia: implications on the inflammatory state and vascular protection in obese adolescents submitted to an interdisciplinary therapy. <i>Inflammation</i> , 2014 , 37, 35-43	5.1	19
209	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, 247-55	3	19
208	Influence of visceral and subcutaneous fat in bone mineral density of obese adolescents. <i>Arquivos Brasileiros De Endocrinologia E Metabologia</i> , 2012 , 56, 12-8		19
207	The effects of a session of resistance training on sleep patterns in the elderly. <i>European Journal of Applied Physiology</i> , 2012 , 112, 2403-8	3.4	19
206	Hormonal alteration in obese adolescents with eating disorder: effects of multidisciplinary therapy. <i>Hormone Research</i> , 2008 , 70, 79-84		19
205	Prevalence and risk factors of metabolic syndrome in Brazilian and Italian obese adolescents: a comparison study. <i>International Journal of Clinical Practice</i> , 2008 , 62, 1526-32	2.9	19
204	Sleep and COVID-19: considerations about immunity, pathophysiology, and treatment. <i>Sleep Science</i> , 2020 , 13, 199-209	1.8	19
203	Motivational and evolutionary aspects of a physical exercise training program: a longitudinal study. <i>Frontiers in Psychology</i> , 2015 , 6, 648	3.4	18
202	Carbohydrate and glutamine supplementation modulates the Th1/Th2 balance after exercise performed at a simulated altitude of 4500 m. <i>Nutrition</i> , 2014 , 30, 1331-6	4.8	18
201	Effect of endurance training on hypothalamic serotonin concentration and performance. <i>Clinical and Experimental Pharmacology and Physiology</i> , 2009 , 36, 189-91	3	18
200	Relationship between Brazilian airline pilot errors and time of day. <i>Brazilian Journal of Medical and Biological Research</i> , 2008 , 41, 1129-31	2.8	18
199	Polysomnographic sleep aspects in liver cirrhosis: a case control study. <i>World Journal of Gastroenterology</i> , 2013 , 19, 3433-8	5.6	18
198	Resistance exercise: a non-pharmacological strategy to minimize or reverse sleep deprivation-induced muscle atrophy. <i>Medical Hypotheses</i> , 2013 , 80, 701-5	3.8	17
197	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, 20-8	3.8	17
196	Cardiac work remains high after strength exercise in elderly. <i>International Journal of Sports Medicine</i> , 2013 , 34, 391-7	3.6	17

195	Animal model for progressive resistance exercise: a detailed description of model and its implications for basic research in exercise. <i>Motriz Revista De Educacao Fisica</i> , 2013 , 19, 178-184	0.9	17
194	The role of nutritional profile in the orexigenic neuropeptide secretion in nonalcoholic fatty liver disease obese adolescents. <i>European Journal of Gastroenterology and Hepatology</i> , 2010 , 22, 557-63	2.2	17
193	Effects of Shift Work on the Postural and Psychomotor Performance of Night Workers. <i>PLoS ONE</i> , 2016 , 11, e0151609	3.7	17
192	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, 339-45	1.6	16
191	Aerobic exercise does not change C-reactive protein levels in non-obese patients with obstructive sleep apnoea. <i>European Journal of Sport Science</i> , 2014 , 14 Suppl 1, S142-7	3.9	16
190	The role of pro-inflammatory and anti-inflammatory adipokines on exercise-induced bronchospasm in obese adolescents undergoing treatment. <i>Respiratory Care</i> , 2012 , 57, 572-82	2.1	16
189	Sleep, ageing and night work. <i>Brazilian Journal of Medical and Biological Research</i> , 2009 , 42, 839-43	2.8	16
188	Effects of Sleep Deprivation on Acute Skeletal Muscle Recovery after Exercise. <i>Medicine and Science in Sports and Exercise</i> , 2020 , 52, 507-514	1.2	16
187	REM sleep deprivation impairs muscle regeneration in rats. <i>Growth Factors</i> , 2017 , 35, 12-18	1.6	15
186	Beneficial effects of a multifaceted 1-year lifestyle intervention on metabolic abnormalities in obese adolescents with and without sleep-disordered breathing. <i>Metabolic Syndrome and Related Disorders</i> , 2015 , 13, 110-8	2.6	15
185	Leucine supplementation is anti-atrophic during paradoxical sleep deprivation in rats. <i>Amino Acids</i> , 2016 , 48, 949-957	3.5	15
184	2016 Rio Olympic Games: Can the schedule of events compromise athletes performance?. <i>Chronobiology International</i> , 2016 , 33, 435-40	3.6	15
183	Obese adolescents with eating disorders: analysis of metabolic and inflammatory states. <i>Physiology and Behavior</i> , 2012 , 105, 175-80	3.5	15
182	Chronotype and anxiety are associated in patients with chronic primary insomnia. <i>Revista Brasileira De Psiquiatria</i> , 2017 , 39, 183-186	2.6	15
181	Impact of training at ventilatory threshold on cardiopulmonary and functional capacity in overweight patients with chronic kidney disease. <i>Jornal Brasileiro De Nefrologia: Orgao Oficial De Sociedades Brasileira E Latino-Americana De Nefrologia</i> , 2012 , 34, 139-47	1.5	15
180	A link between sleep loss, glucose metabolism and adipokines. <i>Brazilian Journal of Medical and Biological Research</i> , 2011 , 44, 992-9	2.8	15
179	Obesity, diabetes and OSAS induce of sleep disorders: exercise as therapy. <i>Lipids in Health and Disease</i> , 2011 , 10, 148	4.4	15
178	Diet, body composition, and bone mass in well-trained cyclists. <i>Journal of Clinical Densitometry</i> , 2010 , 13, 43-50	3.5	15

177	Reduction in the leptin concentration as a predictor of improvement in lung function in obese adolescents. <i>Obesity Facts</i> , 2012 , 5, 806-20	5.1	15
176	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	0.5	15
175	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	3.7	14
174	Instability Resistance Training Improves Neuromuscular Outcome in Parkinson's Disease. <i>Medicine and Science in Sports and Exercise</i> , 2017 , 49, 652-660	1.2	14
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166	Effects of resistance exercise training and stretching on chronic insomnia. <i>Revista Brasileira De Psiquiatria</i> , 2019 , 41, 51-57	2.6	14
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152	Reduction in saturated fat intake improves cardiovascular risks in obese adolescents during interdisciplinary therapy. <i>International Journal of Clinical Practice</i> , 2015 , 69, 560-70	2.9	12
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