

Xiao Tan

List of Publications by Year in descending order

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65
papers

1,054
citations

430442

18
h-index

454577

30
g-index

67
all docs

67
docs citations

67
times ranked

1579
citing authors

#	ARTICLE	IF	CITATIONS
1	Sleep Mediates the Association Between Stress at Work and Incident Dementia: Study From the Survey of Health, Ageing and Retirement in Europe. <i>Journals of Gerontology - Series A Biological Sciences and Medical Sciences</i> , 2023, 78, 447-453.	1.7	2
2	Sleep Patterns, Genetic Susceptibility, and Incident Chronic Kidney Disease: A Prospective Study of 370 671 Participants. <i>Frontiers in Neuroscience</i> , 2022, 16, 725478.	1.4	10
3	Assessment of sleep disturbances with the athlete sleep screening questionnaire in Chinese athletes. <i>Sports Medicine and Health Science</i> , 2022, 4, 133-139.	0.7	5
4	Differences in cardiometabolic risk profiles between Chinese and Finnish older adults with glucose impairment and central obesity. <i>Journal of Endocrinological Investigation</i> , 2022, 45, 1427-1437.	1.8	3
5	Association of Sleep Patterns and Lifestyles With Incident Hypertension: Evidence From a Large Population-Based Cohort Study. <i>Frontiers in Cardiovascular Medicine</i> , 2022, 9, 847452.	1.1	6
6	Self-reported regular daytime napping is associated with indicators of poor type 2 diabetes control: A cohort study. <i>Diabetes, Obesity and Metabolism</i> , 2022, 24, 737-741.	2.2	4
7	The role of <i>MTNR1B</i> polymorphism on circadian rhythm-related cancer: A UK Biobank cohort study. <i>International Journal of Cancer</i> , 2022, 151, 888-896.	2.3	3
8	Joint Exposure to Positive Affect, Life Satisfaction, Depressive Symptoms, and Neuroticism and Incident Type 2 Diabetes. <i>Journal of Clinical Endocrinology and Metabolism</i> , 2022, 107, e3186-e3193.	1.8	3
9	Non-alcoholic fatty liver disease, sleep behaviors, and incident type 2 diabetes. <i>Journal of Gastroenterology and Hepatology (Australia)</i> , 2022, 37, 1633-1640.	1.4	6
10	Reverse Dipping of Systolic Blood Pressure Is Associated With Increased Dementia Risk in Older Men. <i>Hypertension</i> , 2021, 77, 1383-1390.	1.3	11
11	Causal associations of short and long sleep durations with 12 cardiovascular diseases: linear and nonlinear Mendelian randomization analyses in UK Biobank. <i>European Heart Journal</i> , 2021, 42, 3349-3357.	1.0	122
12	Does the Common Type 2 Diabetes-Susceptibility Variant in the <i>MTNR1B</i> Gene Matter for Glycemic Control Among Patients on Antidiabetic Pharmacotherapy?. <i>Mayo Clinic Proceedings</i> , 2021, 96, 1372-1374.	1.4	3
13	National trends in insulin resistance and β -cell dysfunction among adults with prediabetes: NHANES 2001-2016. <i>Chronic Diseases and Translational Medicine</i> , 2021, 7, 125-134.	0.9	5
14	Association of Sleep Traits and Heel Bone Mineral Density: Observational and Mendelian Randomization Studies. <i>Journal of Bone and Mineral Research</i> , 2021, 36, 2184-2192.	3.1	8
15	Sleep and circadian rhythms: pillars of health—a Keystone Symposia report. <i>Annals of the New York Academy of Sciences</i> , 2021, 1506, 18-34.	1.8	18
16	Long-term night shift work is associated with the risk of atrial fibrillation and coronary heart disease. <i>European Heart Journal</i> , 2021, 42, 4180-4188.	1.0	80
17	Chronotype preference and glycemic control in type 2 diabetes. <i>Sleep</i> , 2021, 44, .	0.6	3
18	Total and regional fat-to-muscle mass ratio measured by bioelectrical impedance and risk of incident type 2 diabetes. <i>Journal of Cachexia, Sarcopenia and Muscle</i> , 2021, 12, 2154-2162.	2.9	28

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19	Oral Antidiabetics and Sleep Among Type 2 Diabetes Patients: Data From the UK Biobank. <i>Frontiers in Endocrinology</i> , 2021, 12, 763138.	1.5	2
20	No association between a common type 2 diabetes risk gene variant in the melatonin receptor gene (<i>MTNR1B</i>) and sleep duration. <i>Journal of Internal Medicine</i> , 2020, 287, 189-196.	3.4	3
21	Differential associations of statin treatment and polymorphism in genes coding for HMGCR and PCSK9 to risk for insomnia. <i>Frontiers in Bioscience</i> , 2021, 26, 1453-1463.	0.8	1
22	Association between sleep duration and executive function differs between diabetic and non-diabetic middle-aged and older adults. <i>Psychoneuroendocrinology</i> , 2020, 111, 104472.	1.3	6
23	Associations between chronotype, <i>MTNR1B</i> genotype and risk of type 2 diabetes in UK Biobank. <i>Journal of Internal Medicine</i> , 2020, 287, 189-196.	2.7	22
24	0411 Association Between Healthy Dietary Patterns and Self-Reported Sleep Disturbances in Older Men. <i>Sleep</i> , 2020, 43, A157-A157.	0.6	0
25	0836 Self-Reported Difficulty Initiating Sleep and Early Morning Awakenings are Associated With Nocturnal Diastolic Non-Dipping in Older Men. <i>Sleep</i> , 2020, 43, A318-A319.	0.6	0
26	The role of exercise-induced peripheral factors in sleep regulation. <i>Molecular Metabolism</i> , 2020, 42, 101096.	3.0	21
27	Self-reported difficulty initiating sleep and early morning awakenings are associated with nocturnal diastolic non-dipping in older white Swedish men. <i>Scientific Reports</i> , 2020, 10, 13355.	1.6	2
28	Sleep characteristics and HbA1c in patients with type 2 diabetes on glucose-lowering medication. <i>BMJ Open Diabetes Research and Care</i> , 2020, 8, e001702.	1.2	15
29	Effects of exercise and dietary interventions on serum metabolites in men with insomnia symptoms: A 6-month randomized controlled trial. <i>Sports Medicine and Health Science</i> , 2020, 2, 95-101.	0.7	8
30	Increased Risk of Myocardial Infarction Among Patients With Type 2 Diabetes Who Carry the Common rs10830963 Variant in the <i>MTNR1B</i> Gene. <i>Diabetes Care</i> , 2020, 43, 2289-2292.	4.3	14
31	Consumer sleep trackers: a new tool to fight the hidden epidemic of obstructive sleep apnoea?. <i>Lancet Respiratory Medicine</i> , 2019, 7, 1012.	5.2	3
32	Lack of association between self-reported insomnia symptoms and clamp-derived insulin sensitivity in elderly men. <i>Psychoneuroendocrinology</i> , 2019, 102, 256-260.	1.3	1
33	0682 Self-reported Sleep Duration And Fat-free Mass In Middle Aged And Older Adults. <i>Sleep</i> , 2019, 42, A273-A273.	0.6	0
34	Association between Healthy Dietary Patterns and Self-Reported Sleep Disturbances in Older Men: The ULSAM Study. <i>Nutrients</i> , 2019, 11, 1029.	1.7	18
35	Acute sleep loss induces signs of visual discomfort in young men. <i>Journal of Sleep Research</i> , 2019, 28, e12837.	1.7	8
36	Sleep problems of healthcare workers in tertiary hospital and influencing factors identified through a multilevel analysis: a cross-sectional study in China. <i>BMJ Open</i> , 2019, 9, e032239.	0.8	21

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37	Association Between Self-Reported Sleep Duration and Body Composition in Middle-Aged and Older Adults. <i>Journal of Clinical Sleep Medicine</i> , 2019, 15, 431-435.	1.4	15
38	0705 Association Between Insomnia Symptoms and Hyperglycemic Clamp-derived Insulin Sensitivity In Elderly Men. <i>Sleep</i> , 2019, 42, A283-A283.	0.6	0
39	Association between insomnia complaints and 24-hour ambulatory blood pressure in older men. <i>Sleep Medicine</i> , 2019, 64, S374.	0.8	0
40	Chronotype, MTNR1B gene polymorphism RS10830963, and the risk of type 2 diabetes: a cross-sectional study in UK biobank. <i>Sleep Medicine</i> , 2019, 64, S374.	0.8	0
41	A narrative review of interventions for improving sleep and reducing circadian disruption in medical inpatients. <i>Sleep Medicine</i> , 2019, 59, 42-50.	0.8	33
42	Response to comment on "A narrative review of interventions for improving sleep and reducing circadian disruption in medical inpatients" <i>Sleep Medicine</i> , 2019, 59, 53.	0.8	1
43	Association between high-glycemic diet and cerebral amyloid burden: a possible role for sleep. <i>American Journal of Clinical Nutrition</i> , 2018, 107, 480-480.	2.2	0
44	Aiding sleep in type 2 diabetes: therapeutic considerations. <i>Lancet Diabetes and Endocrinology</i> , 2018, 6, 60-68.	5.5	51
45	Association between long sleep duration and increased risk of obesity and type 2 diabetes: A review of possible mechanisms. <i>Sleep Medicine Reviews</i> , 2018, 40, 127-134.	3.8	113
46	Self-reported sleep disturbances and prostate cancer morbidity and mortality in Swedish men: A longitudinal study over 40 years. <i>Journal of Sleep Research</i> , 2018, 27, e12708.	1.7	9
47	Subjective Sleep Debt Is Correlated with Body Fat Percentage Independent of Sleep Duration. <i>Diabetes</i> , 2018, 67, 1675-P.	0.3	0
48	PO-185 Lifestyle intervention modify DNA methylation of adipose tissue in overweight and obese men with insomnia symptoms. <i>Exercise Biochemistry Review</i> , 2018, 1, .	0.0	0
49	OR-042 Effect of exercise and dietary intervention on serum and adipose tissue metabolomics in patients with insomnia: a 6-month randomized-controlled trial. <i>Exercise Biochemistry Review</i> , 2018, 1, .	0.0	0
50	Effect of aerobic exercise and diet on liver fat in pre-diabetic patients with non-alcoholic-fatty-liver-disease: A randomized controlled trial. <i>Scientific Reports</i> , 2017, 7, 15952.	1.6	74
51	The Association between Cardiorespiratory Fitness and Gut Microbiota Composition in Premenopausal Women. <i>Nutrients</i> , 2017, 9, 792.	1.7	53
52	0309 HIGHER MORNING FASTING PLASMA NEFA LEVEL IS ASSOCIATED WITH WORSE QUALITY OF SLEEP AMONG OVERWEIGHT MEN WITH CHRONIC INSOMNIA SYMPTOMS. <i>Sleep</i> , 2017, 40, A114-A114.	0.6	1
53	Effect of Six-Month Diet Intervention on Sleep among Overweight and Obese Men with Chronic Insomnia Symptoms: A Randomized Controlled Trial. <i>Nutrients</i> , 2016, 8, 751.	1.7	33
54	Effect of aerobic exercise on insulin resistance and central adiposity disappeared after the discontinuation of intervention in overweight women. <i>Journal of Sport and Health Science</i> , 2016, 5, 166-170.	3.3	12

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55	Effects of aerobic exercise on home-based sleep among overweight and obese men with chronic insomnia symptoms: a randomized controlled trial. <i>Sleep Medicine</i> , 2016, 25, 113-121.	0.8	29
56	Effects of aerobic exercise and diet intervention on glycaemic control and liver fat content in men and women aged 50-65 years with prediabetes and non-alcoholic fatty liver disease: a multicentre, randomised controlled trial. <i>Lancet Diabetes and Endocrinology</i> , 2016, 4, S7.	5.5	2
57	Serum Amino Acid Profiles in Childhood Predict Triglyceride Level in Adulthood: A 7-Year Longitudinal Study in Girls. <i>Journal of Clinical Endocrinology and Metabolism</i> , 2016, 101, 2047-2055.	1.8	23
58	Associations of disordered sleep with body fat distribution, physical activity and diet among overweight middle-aged men. <i>Journal of Sleep Research</i> , 2015, 24, 414-424.	1.7	75
59	Effect of aerobic exercise and low carbohydrate diet on pre-diabetic non-alcoholic fatty liver disease in postmenopausal women and middle aged men - the role of gut microbiota composition: study protocol for the AELC randomized controlled trial. <i>BMC Public Health</i> , 2014, 14, 48.	1.2	29
60	Does Systemic Low-Grade Inflammation Associate With Fat Accumulation and Distribution? A 7-Year Follow-Up Study With Peripubertal Girls. <i>Journal of Clinical Endocrinology and Metabolism</i> , 2014, 99, 1411-1419.	1.8	15
61	Effects of exercise and diet interventions on obesity-related sleep disorders in men: study protocol for a randomized controlled trial. <i>Trials</i> , 2013, 14, 235.	0.7	21
62	Registration-based auto-detection of the optimal cross sections in 3D echocardiographic images. , 2010, , .		0
63	Sleep Duration and Metabolic Syndrome: Mendelian Randomization Analyses in UK Biobank. <i>SSRN Electronic Journal</i> , 0, , .	0.4	0
64	Joint Exposure to Positive Affect, Life Satisfaction, Depressive Symptoms, and Neuroticism and Incident Type 2 Diabetes. <i>SSRN Electronic Journal</i> , 0, , .	0.4	0
65	Joint Exposure to Positive Affect, Life Satisfaction, Depressive Symptoms, and Neuroticism and Incident Type 2 Diabetes. <i>SSRN Electronic Journal</i> , 0, , .	0.4	0