

Greg D Roach

List of Publications by Year in descending order

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116
papers

4,102
citations

101535

36
h-index

144002

57
g-index

118
all docs

118
docs citations

118
times ranked

3106
citing authors

#	ARTICLE	IF	CITATIONS
1	The impact of training schedules on the sleep and fatigue of elite athletes. <i>Chronobiology International</i> , 2014, 31, 1160-1168.	2.0	211
2	Sleep and the athlete: narrative review and 2021 expert consensus recommendations. <i>British Journal of Sports Medicine</i> , 2021, 55, 356-368.	6.7	208
3	Sleep/wake behaviours of elite athletes from individual and team sports. <i>European Journal of Sport Science</i> , 2015, 15, 94-100.	2.7	203
4	Can a Shorter Psychomotor Vigilance Task Be Used as a Reasonable Substitute for the Ten-Minute Psychomotor Vigilance Task?. <i>Chronobiology International</i> , 2006, 23, 1379-1387.	2.0	136
5	The validity of activity monitors for measuring sleep in elite athletes. <i>Journal of Science and Medicine in Sport</i> , 2016, 19, 848-853.	1.3	124
6	Simulated train driving: Fatigue, self-awareness and cognitive disengagement. <i>Applied Ergonomics</i> , 2007, 38, 155-166.	3.1	118
7	Alternatives to polysomnography (PSG): A validation of wrist actigraphy and a partial-PSG system. <i>Behavior Research Methods</i> , 2014, 46, 1032-1041.	4.0	108
8	The Sleep, Subjective Fatigue, and Sustained Attention of Commercial Airline Pilots during an International Pattern. <i>Chronobiology International</i> , 2006, 23, 1357-1362.	2.0	101
9	The Ability to Self-Monitor Performance During a Week of Simulated Night Shifts. <i>Sleep</i> , 2003, 26, 871-877.	1.1	87
10	The impact of a week of simulated night work on sleep, circadian phase, and performance. <i>Occupational and Environmental Medicine</i> , 2003, 60, 13e-13.	2.8	82
11	Mismatch between subjective alertness and objective performance under sleep restriction is greatest during the biological night. <i>Journal of Sleep Research</i> , 2012, 21, 40-49.	3.2	81
12	Sleep duration is reduced in elite athletes following night-time competition. <i>Chronobiology International</i> , 2016, 33, 667-670.	2.0	75
13	The effect of sleep restriction on snacking behaviour during a week of simulated shiftwork. <i>Accident Analysis and Prevention</i> , 2012, 45, 62-67.	5.7	73
14	Sleep, Wake and Phase Dependent Changes in Neurobehavioral Function under Forced Desynchrony. <i>Sleep</i> , 2011, 34, 931-41.	1.1	70
15	A field study of sleep and fatigue in a regular rotating 12-h shift system. <i>Applied Ergonomics</i> , 2009, 40, 694-698.	3.1	63
16	The effects of different roster schedules on sleep in miners. <i>Applied Ergonomics</i> , 2010, 41, 600-606.	3.1	61
17	The sensitivity of a palm-based psychomotor vigilance task to severe sleep loss. <i>Behavior Research Methods</i> , 2008, 40, 347-352.	4.0	59
18	The sleep of elite athletes at sea level and high altitude: a comparison of sea-level natives and high-altitude natives (ISA3600). <i>British Journal of Sports Medicine</i> , 2013, 47, i114-i120.	6.7	58

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19	Position statementâ€”altitude training for improving team-sport playersâ€™ performance: current knowledge and unresolved issues. <i>British Journal of Sports Medicine</i> , 2013, 47, i8-i16.	6.7	54
20	Performance on a simple response time task: Is sleep or work more important for miners?. <i>Applied Ergonomics</i> , 2011, 42, 210-213.	3.1	53
21	Simulated driving under the influence of extended wake, time of day and sleep restriction. <i>Accident Analysis and Prevention</i> , 2012, 45, 55-61.	5.7	53
22	Adaptation of performance during a week of simulated night work. <i>Ergonomics</i> , 2004, 47, 154-165.	2.1	52
23	A validation study of the WHOOP strap against polysomnography to assess sleep. <i>Journal of Sports Sciences</i> , 2020, 38, 2631-2636.	2.0	52
24	Perceptions of labour pain by mothers and their attending midwives. <i>Journal of Advanced Nursing</i> , 2001, 35, 171-179.	3.3	50
25	The relationship between subjective and objective sleepiness and performance during a simulated night-shift with a nap countermeasure. <i>Applied Ergonomics</i> , 2010, 42, 52-61.	3.1	48
26	Duty periods with early start times restrict the amount of sleep obtained by short-haul airline pilots. <i>Accident Analysis and Prevention</i> , 2012, 45, 22-26.	5.7	47
27	Wellness, fatigue and physical performance acclimatisation to a 2-week soccer camp at 3600â€…m (ISA3600). <i>British Journal of Sports Medicine</i> , 2013, 47, i100-i106.	6.7	47
28	Daily Rhythms of Hunger and Satiety in Healthy Men during One Week of Sleep Restriction and Circadian Misalignment. <i>International Journal of Environmental Research and Public Health</i> , 2016, 13, 170.	2.6	47
29	The impact of altitude on the sleep of young elite soccer players (ISA3600). <i>British Journal of Sports Medicine</i> , 2013, 47, i86-i92.	6.7	46
30	How should a bio-mathematical model be used within a fatigue risk management system to determine whether or not a working time arrangement is safe?. <i>Accident Analysis and Prevention</i> , 2017, 99, 469-473.	5.7	46
31	Fatigue assessment in the field: validation of a hand-held electronic psychomotor vigilance task. <i>Aviation, Space, and Environmental Medicine</i> , 2005, 76, 486-9.	0.5	46
32	The amount of sleep obtained by locomotive engineers: effects of break duration and time of break onset. <i>Occupational and Environmental Medicine</i> , 2003, 60, 17e-17.	2.8	45
33	How Much Sleep Does an Elite Athlete Need?. <i>International Journal of Sports Physiology and Performance</i> , 2021, 16, 1746-1757.	2.3	44
34	Travel fatigue and sleep/wake behaviors of professional soccer players during international competition. <i>Sleep Health</i> , 2019, 5, 141-147.	2.5	43
35	Managing fatigue: It really is about sleep. <i>Accident Analysis and Prevention</i> , 2015, 82, 20-26.	5.7	42
36	CONTRIBUTION OF CORE BODY TEMPERATURE, PRIOR WAKE TIME, AND SLEEP STAGES TO COGNITIVE THROUGHPUT PERFORMANCE DURING FORCED DESYNCHRONY. <i>Chronobiology International</i> , 2010, 27, 898-910.	2.0	41

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37	Can Sleep Be Used as an Indicator of Overreaching and Overtraining in Athletes?. <i>Frontiers in Physiology</i> , 2018, 9, 436.	2.8	41
38	Managing Travel Fatigue and Jet Lag in Athletes: A Review and Consensus Statement. <i>Sports Medicine</i> , 2021, 51, 2029-2050.	6.5	40
39	THE INFLUENCE OF CIRCADIAN PHASE AND PRIOR WAKE ON NEUROMUSCULAR FUNCTION. <i>Chronobiology International</i> , 2010, 27, 911-921.	2.0	38
40	Impact of Layover Length on Sleep, Subjective Fatigue Levels, and Sustained Attention of Long-Haul Airline Pilots. <i>Chronobiology International</i> , 2012, 29, 580-586.	2.0	38
41	The efficacy of objective and subjective predictors of driving performance during sleep restriction and circadian misalignment. <i>Accident Analysis and Prevention</i> , 2017, 99, 445-451.	5.7	38
42	Do Short International Layovers Allow Sufficient Opportunity for Pilots to Recover?. <i>Chronobiology International</i> , 2006, 23, 1285-1294.	2.0	36
43	How well does a commercially available wearable device measure sleep in young athletes?. <i>Chronobiology International</i> , 2018, 35, 754-758.	2.0	36
44	A Validation Study of a Commercial Wearable Device to Automatically Detect and Estimate Sleep. <i>Biosensors</i> , 2021, 11, 185.	4.7	36
45	The effects of fatigue on train handling during speed restrictions. <i>Transportation Research Part F: Traffic Psychology and Behaviour</i> , 2006, 9, 243-257.	3.7	35
46	Interventions to Minimize Jet Lag After Westward and Eastward Flight. <i>Frontiers in Physiology</i> , 2019, 10, 927.	2.8	35
47	The effect of sleep restriction, with or without high-intensity interval exercise, on myofibrillar protein synthesis in healthy young men. <i>Journal of Physiology</i> , 2020, 598, 1523-1536.	2.9	35
48	Sleep Restriction Masks the Influence of the Circadian Process on Sleep Propensity. <i>Chronobiology International</i> , 2012, 29, 565-571.	2.0	33
49	Dynamics of Neurobehavioral Performance Variability Under Forced Desynchrony: Evidence of State Instability. <i>Sleep</i> , 2011, 34, 57-63.	1.1	32
50	Changes in blood gas transport of altitude native soccer players near sea-level and sea-level native soccer players at altitude (ISA3600). <i>British Journal of Sports Medicine</i> , 2013, 47, i93-i99.	6.7	32
51	Wrist-Based Photoplethysmography Assessment of Heart Rate and Heart Rate Variability: Validation of WHOOP. <i>Sensors</i> , 2021, 21, 3571.	3.8	31
52	Long-haul pilots use in-flight napping as a countermeasure to fatigue. <i>Applied Ergonomics</i> , 2011, 42, 214-218.	3.1	30
53	Daytime naps can be used to supplement night-time sleep in athletes. <i>Chronobiology International</i> , 2018, 35, 865-868.	2.0	30
54	Flat-out napping: The quantity and quality of sleep obtained in a seat during the daytime increase as the angle of recline of the seat increases. <i>Chronobiology International</i> , 2018, 35, 872-883.	2.0	30

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55	The effects of a split sleep-wake schedule on neurobehavioural performance and predictions of performance under conditions of forced desynchrony. <i>Chronobiology International</i> , 2014, 31, 1209-1217.	2.0	29
56	Effects of sleep hygiene and artificial bright light interventions on recovery from simulated international air travel. <i>European Journal of Applied Physiology</i> , 2015, 115, 541-553.	2.5	29
57	Prediction of Probabilistic Sleep Distributions Following Travel Across Multiple Time Zones. <i>Sleep</i> , 2010, 33, 185-195.	1.1	28
58	Time-of-Day Mediates the Influences of Extended Wake and Sleep Restriction on Simulated Driving. <i>Chronobiology International</i> , 2012, 29, 572-579.	2.0	28
59	The influence of circadian time and sleep dose on subjective fatigue ratings. <i>Accident Analysis and Prevention</i> , 2012, 45, 50-54.	5.7	28
60	Soccer activity profile of altitude versus sea-level natives during acclimatisation to 3600m (ISA3600). <i>British Journal of Sports Medicine</i> , 2013, 47, i107-i113.	6.7	27
61	Moderate-intensity exercise performed in the evening does not impair sleep in healthy males. <i>European Journal of Sport Science</i> , 2020, 20, 80-89.	2.7	25
62	The Validity of Temperature-Sensitive Ingestible Capsules for Measuring Core Body Temperature in Laboratory Protocols. <i>Chronobiology International</i> , 2011, 28, 719-726.	2.0	23
63	How well do pilots sleep during long-haul flights?. <i>Ergonomics</i> , 2010, 53, 1072-1075.	2.1	22
64	Finding DLMO: estimating dim light melatonin onset from sleep markers derived from questionnaires, diaries and actigraphy. <i>Chronobiology International</i> , 2020, 37, 1412-1424.	2.0	22
65	Concordance of Chronotype Categorisations Based on Dim Light Melatonin Onset, the Morningness-Eveningness Questionnaire, and the Munich Chronotype Questionnaire. <i>Clocks & Sleep</i> , 2021, 3, 342-350.	2.0	21
66	Using interstimulus interval to maximise sensitivity of the Psychomotor Vigilance Test to fatigue. <i>Accident Analysis and Prevention</i> , 2017, 99, 406-410.	5.7	20
67	A model to predict work-related fatigue based on hours of work. <i>Aviation, Space, and Environmental Medicine</i> , 2004, 75, A61-9; discussion A70-4.	0.5	20
68	Can a simple balance task be used to assess fitness for duty?. <i>Accident Analysis and Prevention</i> , 2012, 45, 74-79.	5.7	19
69	How well do truck drivers sleep in cabin sleeper berths?. <i>Applied Ergonomics</i> , 2012, 43, 442-446.	3.1	19
70	Does variation in workload affect fatigue in a regular 12-hour shift system?. <i>Sleep and Biological Rhythms</i> , 2007, 5, 74-77.	1.0	17
71	INTERINDIVIDUAL DIFFERENCES IN NEUROBEHAVIORAL PERFORMANCE IN RESPONSE TO INCREASING HOMEOSTATIC SLEEP PRESSURE. <i>Chronobiology International</i> , 2010, 27, 922-933.	2.0	17
72	The Relative Contributions of the Homeostatic and Circadian Processes to Sleep Regulation under Conditions of Severe Sleep Restriction. <i>Sleep</i> , 2012, 35, 941-948.	1.1	16

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73	Predicting pilot's sleep during layovers using their own behaviour or data from colleagues: Implications for biomathematical models. <i>Accident Analysis and Prevention</i> , 2012, 45, 17-21.	5.7	16
74	Methods of the international study on soccer at altitude 3600m (ISA3600). <i>British Journal of Sports Medicine</i> , 2013, 47, i80-i85.	6.7	15
75	Yin and yang, or peas in a pod? Individual-sport versus team-sport athletes and altitude training. <i>British Journal of Sports Medicine</i> , 2013, 47, 1150-1154.	6.7	14
76	The effects of transmeridian travel and altitude on sleep: preparation for football competition. <i>Journal of Sports Science and Medicine</i> , 2014, 13, 718-20.	1.6	14
77	A model of shiftworker sleep/wake behaviour. <i>Accident Analysis and Prevention</i> , 2012, 45, 6-10.	5.7	13
78	Current and future directions in clinical fatigue management: An update for emergency medicine practitioners. <i>EMA - Emergency Medicine Australasia</i> , 2014, 26, 640-644.	1.1	13
79	The effects of hydration on cognitive performance during a simulated wildfire suppression shift in temperate and hot conditions. <i>Applied Ergonomics</i> , 2019, 77, 9-15.	3.1	13
80	Are two halves better than one whole? A comparison of the amount and quality of sleep obtained by healthy adult males living on split and consolidated sleep-wake schedules. <i>Accident Analysis and Prevention</i> , 2017, 99, 428-433.	5.7	12
81	Sleep Quality in Elite Athletes: Normative Values, Reliability and Understanding Contributors to Poor Sleep. <i>Sports Medicine</i> , 2022, 52, 417-426.	6.5	12
82	Sleep/Wake Behaviours in Elite Athletes from Three Different Football Codes. <i>Journal of Sports Science and Medicine</i> , 2017, 16, 604-605.	1.6	12
83	Athletes underestimate sleep quantity during daytime nap opportunities. <i>Chronobiology International</i> , 2018, 35, 869-871.	2.0	10
84	Comparing the effects of fatigue and alcohol consumption on locomotive engineers' performance in a rail simulator. <i>Journal of Human Ergology</i> , 2001, 30, 125-30.	0.1	10
85	Changes in the Concentration of Urinary 6-sulphatoxymelatonin during a Week of Simulated Night Work. <i>Industrial Health</i> , 2005, 43, 193-196.	1.0	9
86	The time-of-day that breaks occur between consecutive duty periods affects the sleep strategies used by shiftworkers. <i>Chronobiology International</i> , 2016, 33, 653-656.	2.0	9
87	Do split sleep/wake schedules reduce or increase sleepiness for continuous operations?. <i>Accident Analysis and Prevention</i> , 2017, 99, 434-439.	5.7	9
88	The Impact of Extended Leave on Sleep and Alertness in the Australian Rail Industry. <i>Industrial Health</i> , 2005, 43, 105-113.	1.0	9
89	Sleep Regularity and Predictors of Sleep Efficiency and Sleep Duration in Elite Team Sport Athletes. <i>Sports Medicine - Open</i> , 2022, 8, .	3.1	8
90	The relationship between the rate of melatonin excretion and sleep consolidation for locomotive engineers in natural sleep settings. <i>Journal of Circadian Rhythms</i> , 2014, 4, 8.	1.3	7

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91	Optimisation and Validation of a Nutritional Intervention to Enhance Sleep Quality and Quantity. <i>Nutrients</i> , 2020, 12, 2579.	4.1	7
92	Observations of age-related differences in neurobehavioral performance in a 12-hour shift system. <i>Sleep and Biological Rhythms</i> , 2006, 4, 171-174.	1.0	6
93	No first night shift effect observed following a nocturnal main sleep and a prophylactic 1-h afternoon nap. <i>Chronobiology International</i> , 2016, 33, 716-720.	2.0	6
94	Sleep-wake behaviors exhibited by shift workers in normal operations and predicted by a biomathematical model of fatigue. <i>Sleep</i> , 2020, 43, .	1.1	6
95	<p>Finger Twitches are More Frequent in REM Sleep Than in Non-REM Sleep</p>. <i>Nature and Science of Sleep</i> , 2020, Volume 12, 49-56.	2.7	6
96	The Influence of Break Timing on the Sleep Quantity and Quality of Fly-in, Fly-out Shiftworkers. <i>Industrial Health</i> , 2014, 52, 521-530.	1.0	5
97	Is it on? An algorithm for discerning wrist-accelerometer non-wear times from sleep/wake activity. <i>Chronobiology International</i> , 2016, 33, 599-603.	2.0	4
98	Feedback has a positive effect on cognitive function during total sleep deprivation if there is sufficient time for it to be effectively processed. <i>Applied Ergonomics</i> , 2016, 52, 285-290.	3.1	4
99	The effects of cold water immersion on the amount and quality of sleep obtained by elite cyclists during a simulated hill climbing tour. <i>Sport Sciences for Health</i> , 2019, 15, 223-228.	1.3	4
100	Exercise before bed does not impact sleep inertia in young healthy males. <i>Journal of Sleep Research</i> , 2020, 29, e12903.	3.2	4
101	The Sleep Behaviors of Elite Australian Rules Footballers Before and After Games During an Entire Season. <i>International Journal of Sports Physiology and Performance</i> , 2022, 17, 932-942.	2.3	4
102	Glucose Concentrations from Continuous Glucose Monitoring Devices Compared to Those from Blood Plasma during an Oral Glucose Tolerance Test in Healthy Young Adults. <i>International Journal of Environmental Research and Public Health</i> , 2021, 18, 12994.	2.6	4
103	The Impact of Sleep Inertia on Physical, Cognitive, and Subjective Performance Following a 1- or 2-Hour Afternoon Nap in Semiprofessional Athletes. <i>International Journal of Sports Physiology and Performance</i> , 2022, 17, 1140-1150.	2.3	4
104	The Relationships between Human Fatigue and Public Health: A Brief Commentary on Selected Papers from the 9th International Conference on Managing Fatigue in Transportation, Resources and Health. <i>International Journal of Environmental Research and Public Health</i> , 2016, 13, 842.	2.6	3
105	The likelihood of crashing during a simulated post-work commute decreases across a week of consecutive night shifts. <i>Chronobiology International</i> , 2020, 37, 1425-1429.	2.0	3
106	Timing of Sleep in the Break Between Two Consecutive Night-Shifts: The Effect of Different Strategies on Daytime Sleep and Night-Time Neurobehavioural Function. <i>Nature and Science of Sleep</i> , 2022, Volume 14, 231-242.	2.7	3
107	The evidence that cyclic alternating pattern subtypes affect cognitive functioning is very weak. <i>Sleep Medicine</i> , 2010, 11, 803.	1.6	2
108	Driving when distracted and sleepy: The effect of phone and passenger conversations on driving performance. <i>Chronobiology International</i> , 2018, 35, 750-753.	2.0	2

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109	No Effect of Chronotype on Sleepiness, Alertness, and Sustained Attention during a Single Night Shift. <i>Clocks & Sleep</i> , 2021, 3, 377-386.	2.0	2
110	Consecutive Nights of Moderate Sleep Loss Does Not Affect Mood in Healthy Young Males. <i>Clocks & Sleep</i> , 2021, 3, 442-448.	2.0	2
111	An Individualized Intervention Increases Sleep Duration in Professional Athletes. <i>Journal of Strength and Conditioning Research</i> , 2021, 35, 3407-3413.	2.1	2
112	Author's response to Letter to the Editor. <i>Applied Ergonomics</i> , 2012, 43, 267.	3.1	1
113	Implementing a Circadian Adaptation Schedule after Eastward Flight in Young Male Athletes. <i>Applied Sciences (Switzerland)</i> , 2021, 11, 9962.	2.5	1
114	SOM Clustering and Modelling of Australian Railway Drivers' Sleep, Wake, Duty Profiles. <i>Studies in Computational Intelligence</i> , 2016, , 235-279.	0.9	0
115	Controlling fatigue risk in safety-critical workplaces: A summary of selected papers from the 9th International Conference on Managing Fatigue in Transportation, Resources and Health. <i>Accident Analysis and Prevention</i> , 2017, 99, 379-382.	5.7	0
116	No Effect of Chronotype on Hunger or Snack Consumption during a Night Shift with Acute Sleep Deprivation. <i>Nutrients</i> , 2022, 14, 1324.	4.1	0