

# Greg D Roach

## List of Publications by Year in descending order

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116  
papers

4,102  
citations

101543  
36  
h-index

144013  
57  
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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. Chronobiology International, 2014, 31, 1160-1168.	2.0	211
2	Sleep and the athlete: narrative review and 2021 expert consensus recommendations. British Journal of Sports Medicine, 2021, 55, 356-368.	6.7	208
3	Sleep/wake behaviours of elite athletes from individual and team sports. European Journal of Sport Science, 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?. Chronobiology International, 2006, 23, 1379-1387.	2.0	136
5	The validity of activity monitors for measuring sleep in elite athletes. Journal of Science and Medicine in Sport, 2016, 19, 848-853.	1.3	124
6	Simulated train driving: Fatigue, self-awareness and cognitive disengagement. Applied Ergonomics, 2007, 38, 155-166.	3.1	118
7	Alternatives to polysomnography (PSG): A validation of wrist actigraphy and a partial-PSG system. Behavior Research Methods, 2014, 46, 1032-1041.	4.0	108
8	The Sleep, Subjective Fatigue, and Sustained Attention of Commercial Airline Pilots during an International Pattern. Chronobiology International, 2006, 23, 1357-1362.	2.0	101
9	The Ability to Self-Monitor Performance During a Week of Simulated Night Shifts. Sleep, 2003, 26, 871-877.	1.1	87
10	The impact of a week of simulated night work on sleep, circadian phase, and performance. Occupational and Environmental Medicine, 2003, 60, 13e-13.	2.8	82
11	Mismatch between subjective alertness and objective performance under sleep restriction is greatest during the biological night. Journal of Sleep Research, 2012, 21, 40-49.	3.2	81
12	Sleep duration is reduced in elite athletes following night-time competition. Chronobiology International, 2016, 33, 667-670.	2.0	75
13	The effect of sleep restriction on snacking behaviour during a week of simulated shiftwork. Accident Analysis and Prevention, 2012, 45, 62-67.	5.7	73
14	Sleep, Wake and Phase Dependent Changes in Neurobehavioral Function under Forced Desynchrony. Sleep, 2011, 34, 931-41.	1.1	70
15	A field study of sleep and fatigue in a regular rotating 12-h shift system. Applied Ergonomics, 2009, 40, 694-698.	3.1	63
16	The effects of different roster schedules on sleep in miners. Applied Ergonomics, 2010, 41, 600-606.	3.1	61
17	The sensitivity of a palm-based psychomotor vigilance task to severe sleep loss. Behavior Research Methods, 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). British Journal of Sports Medicine, 2013, 47, i114-i120.	6.7	58

#	ARTICLE	IF	CITATIONS
19	Position statement“altitude training for improving team-sport players” performance: current knowledge and unresolved issues. British Journal of Sports Medicine, 2013, 47, i8-i16.	6.7	54
20	Performance on a simple response time task: Is sleep or work more important for miners?. Applied Ergonomics, 2011, 42, 210-213.	3.1	53
21	Simulated driving under the influence of extended wake, time of day and sleep restriction. Accident Analysis and Prevention, 2012, 45, 55-61.	5.7	53
22	Adaptation of performance during a week of simulated night work. Ergonomics, 2004, 47, 154-165.	2.1	52
23	A validation study of the WHOOP strap against polysomnography to assess sleep. Journal of Sports Sciences, 2020, 38, 2631-2636.	2.0	52
24	Perceptions of labour pain by mothers and their attending midwives. Journal of Advanced Nursing, 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. Applied Ergonomics, 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. Accident Analysis and Prevention, 2012, 45, 22-26.	5.7	47
27	Wellness, fatigue and physical performance acclimatisation to a 2-week soccer camp at 3600â€¦m (ISA3600). British Journal of Sports Medicine, 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. International Journal of Environmental Research and Public Health, 2016, 13, 170.	2.6	47
29	The impact of altitude on the sleep of young elite soccer players (ISA3600). British Journal of Sports Medicine, 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?. Accident Analysis and Prevention, 2017, 99, 469-473.	5.7	46
31	Fatigue assessment in the field: validation of a hand-held electronic psychomotor vigilance task. Aviation, Space, and Environmental Medicine, 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. Occupational and Environmental Medicine, 2003, 60, 17e-17.	2.8	45
33	How Much Sleep Does an Elite Athlete Need?. International Journal of Sports Physiology and Performance, 2021, 16, 1746-1757.	2.3	44
34	Travel fatigue and sleep/wake behaviors of professional soccer players during international competition. Sleep Health, 2019, 5, 141-147.	2.5	43
35	Managing fatigue: It really is about sleep. Accident Analysis and Prevention, 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. Chronobiology International, 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 &amp; 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. Accident Analysis and Prevention, 2012, 45, 17-21.	5.7	16
74	Methods of the international study on soccer at altitude 3600m (ISA3600). British Journal of Sports Medicine, 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. British Journal of Sports Medicine, 2013, 47, 1150-1154.	6.7	14
76	The effects of transmeridian travel and altitude on sleep: preparation for football competition. Journal of Sports Science and Medicine, 2014, 13, 718-20.	1.6	14
77	A model of shiftworker sleep/wake behaviour. Accident Analysis and Prevention, 2012, 45, 6-10.	5.7	13
78	Current and future directions in clinical fatigue management: An update for emergency medicine practitioners. EMA - Emergency Medicine Australasia, 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. Applied Ergonomics, 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. Accident Analysis and Prevention, 2017, 99, 428-433.	5.7	12
81	Sleep Quality in Elite Athletes: Normative Values, Reliability and Understanding Contributors to Poor Sleep. Sports Medicine, 2022, 52, 417-426.	6.5	12
82	Sleep/Wake Behaviours in Elite Athletes from Three Different Football Codes. Journal of Sports Science and Medicine, 2017, 16, 604-605.	1.6	12
83	Athletes underestimate sleep quantity during daytime nap opportunities. Chronobiology International, 2018, 35, 869-871.	2.0	10
84	Comparing the effects of fatigue and alcohol consumption on locomotive engineers' performance in a rail simulator. Journal of Human Ergology, 2001, 30, 125-30.	0.1	10
85	Changes in the Concentration of Urinary 6-sulphatoxymelatonin during a Week of Simulated Night Work. Industrial Health, 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. Chronobiology International, 2016, 33, 653-656.	2.0	9
87	Do split sleep/wake schedules reduce or increase sleepiness for continuous operations?. Accident Analysis and Prevention, 2017, 99, 434-439.	5.7	9
88	The Impact of Extended Leave on Sleep and Alertness in the Australian Rail Industry. Industrial Health, 2005, 43, 105-113.	1.0	9
89	Sleep Regularity and Predictors of Sleep Efficiency and Sleep Duration in Elite Team Sport Athletes. Sports Medicine - Open, 2022, 8, .	3.1	8
90	The relationship between the rate of melatonin excretion and sleep consolidation for locomotive engineers in natural sleep settings. Journal of Circadian Rhythms, 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	&lt;p&gt;Finger Twitches are More Frequent in REM Sleep Than in Non-REM Sleep&lt;/p&gt;. <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 &amp; 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 &amp; 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