# Greg D Roach

## List of Publications by Citations



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|---|---|---|---|
| 110 papers | 2,940 citations | 33 h-index | 49 g-index |
| 118 ext. papers | 3,546 ext. citations | 4.3 avg, IF | 5.35 L-index |

| # | Paper | IF | Citations |
|---|---|---|---|
| 110 | The impact of training schedules on the sleep and fatigue of elite athletes. *Chronobiology International*, **2014**, 31, 1160-8 | 3.6 | 164 |
| 109 | Sleep/wake behaviours of elite athletes from individual and team sports. *European Journal of Sport Science*, **2015**, 15, 94-100 | 3.9 | 156 |
| 108 | Can a shorter psychomotor vigilance task be used as a reasonable substitute for the ten-minute psychomotor vigilance task?. *Chronobiology International*, **2006**, 23, 1379-87 | 3.6 | 118 |
| 107 | The validity of activity monitors for measuring sleep in elite athletes. *Journal of Science and Medicine in Sport*, **2016**, 19, 848-53 | 4.4 | 87 |
| 106 | Simulated train driving: fatigue, self-awareness and cognitive disengagement. *Applied Ergonomics*, **2007**, 38, 155-66 | 4.2 | 87 |
| 105 | The sleep, subjective fatigue, and sustained attention of commercial airline pilots during an international pattern. *Chronobiology International*, **2006**, 23, 1357-62 | 3.6 | 83 |
| 104 | Sleep and the athlete: narrative review and 2021 expert consensus recommendations. *British Journal of Sports Medicine*, **2020**, | 10.3 | 79 |
| 103 | The ability to self-monitor performance during a week of simulated night shifts. *Sleep*, **2003**, 26, 871-7 | 1.1 | 76 |
| 102 | Alternatives to polysomnography (PSG): a validation of wrist actigraphy and a partial-PSG system. *Behavior Research Methods*, **2014**, 46, 1032-41 | 6.1 | 74 |
| 101 | The impact of a week of simulated night work on sleep, circadian phase, and performance. *Occupational and Environmental Medicine*, **2003**, 60, e13 | 2.1 | 65 |
| 100 | Mismatch between subjective alertness and objective performance under sleep restriction is greatest during the biological night. *Journal of Sleep Research*, **2012**, 21, 40-9 | 5.8 | 64 |
| 99 | Sleep, wake and phase dependent changes in neurobehavioral function under forced desynchrony. *Sleep*, **2011**, 34, 931-41 | 1.1 | 59 |
| 98 | Sleep duration is reduced in elite athletes following night-time competition. *Chronobiology International*, **2016**, 33, 667-70 | 3.6 | 59 |
| 97 | A field study of sleep and fatigue in a regular rotating 12-h shift system. *Applied Ergonomics*, **2009**, 40, 694-8 | 4.2 | 55 |
| 96 | The effect of sleep restriction on snacking behaviour during a week of simulated shiftwork. *Accident Analysis and Prevention*, **2012**, 45 Suppl, 62-7 | 6.1 | 53 |
| 95 | The sensitivity of a palm-based psychomotor vigilance task to severe sleep loss. *Behavior Research Methods*, **2008**, 40, 347-52 | 6.1 | 53 |
| 94 | The effects of different roster schedules on sleep in miners. *Applied Ergonomics*, **2010**, 41, 600-6 | 4.2 | 47 |

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| 93 | Simulated driving under the influence of extended wake, time of day and sleep restriction. *Accident Analysis and Prevention*, **2012**, 45 Suppl, 55-61 | 6.1 | 46 |
| 92 | 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 Suppl 1, i114-20 | 10.3 | 45 |
| 91 | Fatigue assessment in the field: validation of a hand-held electronic psychomotor vigilance task. *Aviation, Space, and Environmental Medicine*, **2005**, 76, 486-9 | | 45 |
| 90 | Perceptions of labour pain by mothers and their attending midwives. *Journal of Advanced Nursing*, **2001**, 35, 171-9 | 3.1 | 42 |
| 89 | The relationship between subjective and objective sleepiness and performance during a simulated night-shift with a nap countermeasure. *Applied Ergonomics*, **2010**, 42, 52-61 | 4.2 | 41 |
| 88 | Performance on a simple response time task: Is sleep or work more important for miners?. *Applied Ergonomics*, **2011**, 42, 210-3 | 4.2 | 40 |
| 87 | Adaptation of performance during a week of simulated night work. *Ergonomics*, **2004**, 47, 154-65 | 2.9 | 40 |
| 86 | Contribution of core body temperature, prior wake time, and sleep stages to cognitive throughput performance during forced desynchrony. *Chronobiology International*, **2010**, 27, 898-910 | 3.6 | 37 |
| 85 | The amount of sleep obtained by locomotive engineers: effects of break duration and time of break onset. *Occupational and Environmental Medicine*, **2003**, 60, e17 | 2.1 | 37 |
| 84 | Managing fatigue: It really is about sleep. *Accident Analysis and Prevention*, **2015**, 82, 20-6 | 6.1 | 36 |
| 83 | Position statement--altitude training for improving team-sport players' performance: current knowledge and unresolved issues. *British Journal of Sports Medicine*, **2013**, 47 Suppl 1, i8-16 | 10.3 | 36 |
| 82 | Wellness, fatigue and physical performance acclimatisation to a 2-week soccer camp at 3600 m (ISA3600). *British Journal of Sports Medicine*, **2013**, 47 Suppl 1, i100-6 | 10.3 | 36 |
| 81 | 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 | 6.1 | 34 |
| 80 | Duty periods with early start times restrict the amount of sleep obtained by short-haul airline pilots. *Accident Analysis and Prevention*, **2012**, 45 Suppl, 22-6 | 6.1 | 34 |
| 79 | The impact of altitude on the sleep of young elite soccer players (ISA3600). *British Journal of Sports Medicine*, **2013**, 47 Suppl 1, i86-92 | 10.3 | 33 |
| 78 | The influence of circadian phase and prior wake on neuromuscular function. *Chronobiology International*, **2010**, 27, 911-21 | 3.6 | 33 |
| 77 | Do short international layovers allow sufficient opportunity for pilots to recover?. *Chronobiology International*, **2006**, 23, 1285-94 | 3.6 | 32 |
| 76 | The effects of fatigue on train handling during speed restrictions. *Transportation Research Part F: Traffic Psychology and Behaviour*, **2006**, 9, 243-257 | 4.5 | 32 |

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| 75 | 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 | 4.6 | 32 |
| 74 | The efficacy of objective and subjective predictors of driving performance during sleep restriction and circadian misalignment. *Accident Analysis and Prevention*, **2017**, 99, 445-451 | 6.1 | 28 |
| 73 | Can Sleep Be Used as an Indicator of Overreaching and Overtraining in Athletes?. *Frontiers in Physiology*, **2018**, 9, 436 | 4.6 | 28 |
| 72 | Sleep restriction masks the influence of the circadian process on sleep propensity. *Chronobiology International*, **2012**, 29, 565-71 | 3.6 | 28 |
| 71 | Changes in blood gas transport of altitude native soccer players near sea-level and sea-level native soccer players at altitude (ISA3600). *British Journal of Sports Medicine*, **2013**, 47 Suppl 1, i93-9 | 10.3 | 26 |
| 70 | Impact of layover length on sleep, subjective fatigue levels, and sustained attention of long-haul airline pilots. *Chronobiology International*, **2012**, 29, 580-6 | 3.6 | 25 |
| 69 | Dynamics of neurobehavioral performance variability under forced desynchrony: evidence of state instability. *Sleep*, **2011**, 34, 57-63 | 1.1 | 25 |
| 68 | Time-of-day mediates the influences of extended wake and sleep restriction on simulated driving. *Chronobiology International*, **2012**, 29, 572-9 | 3.6 | 25 |
| 67 | Prediction of probabilistic sleep distributions following travel across multiple time zones. *Sleep*, **2010**, 33, 185-95 | 1.1 | 25 |
| 66 | Travel fatigue and sleep/wake behaviors of professional soccer players during international competition. *Sleep Health*, **2019**, 5, 141-147 | 4 | 25 |
| 65 | The influence of circadian time and sleep dose on subjective fatigue ratings. *Accident Analysis and Prevention*, **2012**, 45 Suppl, 50-4 | 6.1 | 24 |
| 64 | Long-haul pilots use in-flight napping as a countermeasure to fatigue. *Applied Ergonomics*, **2011**, 42, 214-8 | 3.2 | 24 |
| 63 | The effect of sleep restriction, with or without high-intensity interval exercise, on myofibrillar protein synthesis in healthy young men. *Journal of Physiology*, **2020**, 598, 1523-1536 | 3.9 | 22 |
| 62 | How well does a commercially available wearable device measure sleep in young athletes?. *Chronobiology International*, **2018**, 35, 754-758 | 3.6 | 22 |
| 61 | The effects of a split sleep-wake schedule on neurobehavioural performance and predictions of performance under conditions of forced desynchrony. *Chronobiology International*, **2014**, 31, 1209-17 | 3.6 | 22 |
| 60 | Soccer activity profile of altitude versus sea-level natives during acclimatisation to 3600 m (ISA3600). *British Journal of Sports Medicine*, **2013**, 47 Suppl 1, i107-13 | 10.3 | 21 |
| 59 | Effects of sleep hygiene and artificial bright light interventions on recovery from simulated international air travel. *European Journal of Applied Physiology*, **2015**, 115, 541-53 | 3.4 | 20 |
| 58 | Interventions to Minimize Jet Lag After Westward and Eastward Flight. *Frontiers in Physiology*, **2019**, 10, 927 | 4.6 | 20 |

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| 57 | A validation study of the WHOOP strap against polysomnography to assess sleep. *Journal of Sports Sciences*, **2020**, 38, 2631-2636 | 3.6 | 20 |
| 56 | A model to predict work-related fatigue based on hours of work. *Aviation, Space, and Environmental Medicine*, **2004**, 75, A61-9; discussion A70-4 | | 20 |
| 55 | The validity of temperature-sensitive ingestible capsules for measuring core body temperature in laboratory protocols. *Chronobiology International*, **2011**, 28, 719-26 | 3.6 | 19 |
| 54 | How well do truck drivers sleep in cabin sleeper berths?. *Applied Ergonomics*, **2012**, 43, 442-6 | 4.2 | 17 |
| 53 | Interindividual differences in neurobehavioral performance in response to increasing homeostatic sleep pressure. *Chronobiology International*, **2010**, 27, 922-33 | 3.6 | 17 |
| 52 | Moderate-intensity exercise performed in the evening does not impair sleep in healthy males. *European Journal of Sport Science*, **2020**, 20, 80-89 | 3.9 | 17 |
| 51 | Daytime naps can be used to supplement night-time sleep in athletes. *Chronobiology International*, **2018**, 35, 865-868 | 3.6 | 16 |
| 50 | Using interstimulus interval to maximise sensitivity of the Psychomotor Vigilance Test to fatigue. *Accident Analysis and Prevention*, **2017**, 99, 406-410 | 6.1 | 15 |
| 49 | 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. *Chronobiology International*, **2018**, 35, 872-883 | 3.6 | 15 |
| 48 | Can a simple balance task be used to assess fitness for duty?. *Accident Analysis and Prevention*, **2012** , 45 Suppl, 74-9 | 6.1 | 15 |
| 47 | How well do pilots sleep during long-haul flights?. *Ergonomics*, **2010**, 53, 1072-5 | 2.9 | 15 |
| 46 | Does variation in workload affect fatigue in a regular 12-hour shift system?. *Sleep and Biological Rhythms*, **2007**, 5, 74-77 | 1.3 | 15 |
| 45 | The relative contributions of the homeostatic and circadian processes to sleep regulation under conditions of severe sleep restriction. *Sleep*, **2012**, 35, 941-8 | 1.1 | 14 |
| 44 | Predicting pilot's sleep during layovers using their own behaviour or data from colleagues: implications for biomathematical models. *Accident Analysis and Prevention*, **2012**, 45 Suppl, 17-21 | 6.1 | 13 |
| 43 | How Much Sleep Does an Elite Athlete Need?. *International Journal of Sports Physiology and Performance*, **2021**, 1-12 | 3.5 | 13 |
| 42 | Sleep/Wake Behaviours in Elite Athletes from Three Different Football Codes. *Journal of Sports Science and Medicine*, **2017**, 16, 604-605 | 2.7 | 12 |
| 41 | Current and future directions in clinical fatigue management: An update for emergency medicine practitioners. *EMA - Emergency Medicine Australasia*, **2014**, 26, 640-4 | 1.5 | 10 |
| 40 | A model of shiftworker sleep/wake behaviour. *Accident Analysis and Prevention*, **2012**, 45 Suppl, 6-10 | 6.1 | 10 |

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| 39 | Methods of the international study on soccer at altitude 3600 m (ISA3600). *British Journal of Sports Medicine*, **2013**, 47 Suppl 1, i80-5 | 10.3 | 10 |
| 38 | The effects of transmeridian travel and altitude on sleep: preparation for football competition. *Journal of Sports Science and Medicine*, **2014**, 13, 718-20 | 2.7 | 10 |
| 37 | The effects of hydration on cognitive performance during a simulated wildfire suppression shift in temperate and hot conditions. *Applied Ergonomics*, **2019**, 77, 9-15 | 4.2 | 9 |
| 36 | Yin and yang, or peas in a pod? Individual-sport versus team-sport athletes and altitude training. *British Journal of Sports Medicine*, **2013**, 47, 1150-4 | 10.3 | 9 |
| 35 | Comparing the effects of fatigue and alcohol consumption on locomotive engineers' performance in a rail simulator. *Journal of Human Ergology*, **2001**, 30, 125-30 | | 9 |
| 34 | 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 | 6.1 | 8 |
| 33 | Changes in the concentration of urinary 6-sulphatoxymelatonin during a week of simulated night work. *Industrial Health*, **2005**, 43, 193-6 | 2.5 | 8 |
| 32 | Managing Travel Fatigue and Jet Lag in Athletes: A Review and Consensus Statement. *Sports Medicine*, **2021**, 51, 2029-2050 | 10.6 | 8 |
| 31 | Do split sleep/wake schedules reduce or increase sleepiness for continuous operations?. *Accident Analysis and Prevention*, **2017**, 99, 434-439 | 6.1 | 7 |
| 30 | The relationship between the rate of melatonin excretion and sleep consolidation for locomotive engineers in natural sleep settings. *Journal of Circadian Rhythms*, **2006**, 4, 8 | 2.5 | 7 |
| 29 | The impact of extended leave on sleep and alertness in the Australian rail industry. *Industrial Health* , **2005**, 43, 105-13 | 2.5 | 7 |
| 28 | Finding DLMO: estimating dim light melatonin onset from sleep markers derived from questionnaires, diaries and actigraphy. *Chronobiology International*, **2020**, 37, 1412-1424 | 3.6 | 6 |
| 27 | Wrist-Based Photoplethysmography Assessment of Heart Rate and Heart Rate Variability: Validation of WHOOP. *Sensors*, **2021**, 21, | 3.8 | 6 |
| 26 | The time-of-day that breaks occur between consecutive duty periods affects the sleep strategies used by shiftworkers. *Chronobiology International*, **2016**, 33, 653-6 | 3.6 | 6 |
| 25 | Athletes underestimate sleep quantity during daytime nap opportunities. *Chronobiology International*, **2018**, 35, 869-871 | 3.6 | 6 |
| 24 | Observations of age-related differences in neurobehavioral performance in a 12-hour shift system. *Sleep and Biological Rhythms*, **2006**, 4, 171-174 | 1.3 | 5 |
| 23 | Sleep-wake behaviors exhibited by shift workers in normal operations and predicted by a biomathematical model of fatigue. *Sleep*, **2020**, 43, | 1.1 | 4 |
| 22 | No first night shift effect observed following a nocturnal main sleep and a prophylactic 1-h afternoon nap. *Chronobiology International*, **2016**, 33, 716-20 | 3.6 | 4 |

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| 21 | Concordance of Chronotype Categorisations Based on Dim Light Melatonin Onset, the Morningness-Eveningness Questionnaire, and the Munich Chronotype Questionnaire. *Clocks & Sleep*, **2021**, 3, 342-350 | 2.9 | 4 |
| 20 | Is it on? An algorithm for discerning wrist-accelerometer non-wear times from sleep/wake activity. *Chronobiology International*, **2016**, 33, 599-603 | 3.6 | 4 |
| 19 | Feedback has a positive effect on cognitive function during total sleep deprivation if there is sufficient time for it to be effectively processed. *Applied Ergonomics*, **2016**, 52, 285-90 | 4.2 | 3 |
| 18 | Finger Twitches are More Frequent in REM Sleep Than in Non-REM Sleep. *Nature and Science of Sleep*, **2020**, 12, 49-56 | 3.6 | 3 |
| 17 | The influence of break timing on the sleep quantity and quality of fly-in, fly-out shiftworkers. *Industrial Health*, **2014**, 52, 521-30 | 2.5 | 3 |
| 16 | A Validation Study of a Commercial Wearable Device to Automatically Detect and Estimate Sleep. *Biosensors*, **2021**, 11, | 5.9 | 3 |
| 15 | Exercise before bed does not impact sleep inertia in young healthy males. *Journal of Sleep Research* , **2020**, 29, e12903 | 5.8 | 3 |
| 14 | The evidence that cyclic alternating pattern subtypes affect cognitive functioning is very weak. *Sleep Medicine*, **2010**, 11, 803; author reply 803-4 | 4.6 | 2 |
| 13 | The effects of cold water immersion on the amount and quality of sleep obtained by elite cyclists during a simulated hill climbing tour. *Sport Sciences for Health*, **2019**, 15, 223-228 | 1.3 | 2 |
| 12 | Sleep Quality in Elite Athletes: Normative Values, Reliability and Understanding Contributors to Poor Sleep. *Sports Medicine*, **2021**, 1 | 10.6 | 2 |
| 11 | Driving when distracted and sleepy: The effect of phone and passenger conversations on driving performance. *Chronobiology International*, **2018**, 35, 750-753 | 3.6 | 1 |
| 10 | The Sleep Behaviors of Elite Australian Rules Footballers Before and After Games During an Entire Season.. *International Journal of Sports Physiology and Performance*, **2022**, 1-11 | 3.5 | 1 |
| 9 | Optimisation and Validation of a Nutritional Intervention to Enhance Sleep Quality and Quantity. *Nutrients*, **2020**, 12, | 6.7 | 1 |
| 8 | Implementing a Circadian Adaptation Schedule after Eastward Flight in Young Male Athletes. *Applied Sciences (Switzerland)*, **2021**, 11, 9962 | 2.6 | 0 |
| 7 | The likelihood of crashing during a simulated post-work commute decreases across a week of consecutive night shifts. *Chronobiology International*, **2020**, 37, 1425-1429 | 3.6 | 0 |
| 6 | No Effect of Chronotype on Sleepiness, Alertness, and Sustained Attention during a Single Night Shift. *Clocks & Sleep*, **2021**, 3, 377-386 | 2.9 | 0 |
| 5 | Consecutive Nights of Moderate Sleep Loss Does Not Affect Mood in Healthy Young Males. *Clocks & Sleep*, **2021**, 3, 442-448 | 2.9 | 0 |
| 4 | The Impact of Sleep Inertia on Physical, Cognitive, and Subjective Performance Following a 1- or 2-Hour Afternoon Nap in Semiprofessional Athletes. *International Journal of Sports Physiology and Performance*, **2022**, 1-11 | 3.5 | 0 |

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| 3 | Authors response to Letter to the Editor. *Applied Ergonomics*, **2012**, 43, 267 | 4.2 |
| 2 | SOM Clustering and Modelling of Australian Railway Drivers Sleep, Wake, Duty Profiles. *Studies in Computational Intelligence*, **2016**, 235-279 | 0.8 |
| 1 | Timing of Sleep in the Break Between Two Consecutive Night-Shifts: The Effect of Different Strategies on Daytime Sleep and Night-Time Neurobehavioural Function.. *Nature and Science of Sleep*, **2022**, 14, 231-242 | 3.6 |