

Greg D Roach

List of Publications by Year in Descending Order

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The third column is the impact factor (IF) of the journal, and the fourth column is the number of citations of the article.

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 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 , 1-11 | 3.5 | 1 |
| 109 | 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 , 14, 231-242 | 3.6 | |
| 108 | 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 , 1-11 | 3.5 | 0 |
| 107 | Implementing a Circadian Adaptation Schedule after Eastward Flight in Young Male Athletes. <i>Applied Sciences (Switzerland)</i> , 2021 , 11, 9962 | 2.6 | 0 |
| 106 | Wrist-Based Photoplethysmography Assessment of Heart Rate and Heart Rate Variability: Validation of WHOOP. <i>Sensors</i> , 2021 , 21, | 3.8 | 6 |
| 105 | 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 | 2.9 | 4 |
| 104 | A Validation Study of a Commercial Wearable Device to Automatically Detect and Estimate Sleep. <i>Biosensors</i> , 2021 , 11, | 5.9 | 3 |
| 103 | How Much Sleep Does an Elite Athlete Need?. <i>International Journal of Sports Physiology and Performance</i> , 2021 , 1-12 | 3.5 | 13 |
| 102 | No Effect of Chronotype on Sleepiness, Alertness, and Sustained Attention during a Single Night Shift. <i>Clocks & Sleep</i> , 2021 , 3, 377-386 | 2.9 | 0 |
| 101 | Managing Travel Fatigue and Jet Lag in Athletes: A Review and Consensus Statement. <i>Sports Medicine</i> , 2021 , 51, 2029-2050 | 10.6 | 8 |
| 100 | Consecutive Nights of Moderate Sleep Loss Does Not Affect Mood in Healthy Young Males. <i>Clocks & Sleep</i> , 2021 , 3, 442-448 | 2.9 | 0 |
| 99 | Sleep Quality in Elite Athletes: Normative Values, Reliability and Understanding Contributors to Poor Sleep. <i>Sports Medicine</i> , 2021 , 1 | 10.6 | 2 |
| 98 | 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 | 4 |
| 97 | Finger Twitches are More Frequent in REM Sleep Than in Non-REM Sleep. <i>Nature and Science of Sleep</i> , 2020 , 12, 49-56 | 3.6 | 3 |
| 96 | 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 | 3.9 | 22 |
| 95 | Sleep and the athlete: narrative review and 2021 expert consensus recommendations. <i>British Journal of Sports Medicine</i> , 2020 , | 10.3 | 79 |
| 94 | A validation study of the WHOOP strap against polysomnography to assess sleep. <i>Journal of Sports Sciences</i> , 2020 , 38, 2631-2636 | 3.6 | 20 |

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| 93 | Optimisation and Validation of a Nutritional Intervention to Enhance Sleep Quality and Quantity. <i>Nutrients</i> , 2020 , 12, | 6.7 | 1 |
| 92 | Finding DLMO: estimating dim light melatonin onset from sleep markers derived from questionnaires, diaries and actigraphy. <i>Chronobiology International</i> , 2020 , 37, 1412-1424 | 3.6 | 6 |
| 91 | 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 | 3.6 | 0 |
| 90 | 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 | 3.9 | 17 |
| 89 | Exercise before bed does not impact sleep inertia in young healthy males. <i>Journal of Sleep Research</i> , 2020 , 29, e12903 | 5.8 | 3 |
| 88 | 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 | 4.2 | 9 |
| 87 | Interventions to Minimize Jet Lag After Westward and Eastward Flight. <i>Frontiers in Physiology</i> , 2019 , 10, 927 | 4.6 | 20 |
| 86 | Travel fatigue and sleep/wake behaviors of professional soccer players during international competition. <i>Sleep Health</i> , 2019 , 5, 141-147 | 4 | 25 |
| 85 | 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 | 2 |
| 84 | Can Sleep Be Used as an Indicator of Overreaching and Overtraining in Athletes?. <i>Frontiers in Physiology</i> , 2018 , 9, 436 | 4.6 | 28 |
| 83 | Daytime naps can be used to supplement night-time sleep in athletes. <i>Chronobiology International</i> , 2018 , 35, 865-868 | 3.6 | 16 |
| 82 | How well does a commercially available wearable device measure sleep in young athletes?. <i>Chronobiology International</i> , 2018 , 35, 754-758 | 3.6 | 22 |
| 81 | Driving when distracted and sleepy: The effect of phone and passenger conversations on driving performance. <i>Chronobiology International</i> , 2018 , 35, 750-753 | 3.6 | 1 |
| 80 | 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 | 3.6 | 15 |
| 79 | Athletes underestimate sleep quantity during daytime nap opportunities. <i>Chronobiology International</i> , 2018 , 35, 869-871 | 3.6 | 6 |
| 78 | 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 | 6.1 | 28 |
| 77 | 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 | 6.1 | 8 |
| 76 | Using interstimulus interval to maximise sensitivity of the Psychomotor Vigilance Test to fatigue. <i>Accident Analysis and Prevention</i> , 2017 , 99, 406-410 | 6.1 | 15 |

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| 75 | 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 | 6.1 | 34 |
| 74 | Do split sleep/wake schedules reduce or increase sleepiness for continuous operations?. <i>Accident Analysis and Prevention</i> , 2017 , 99, 434-439 | 6.1 | 7 |
| 73 | Sleep/Wake Behaviours in Elite Athletes from Three Different Football Codes. <i>Journal of Sports Science and Medicine</i> , 2017 , 16, 604-605 | 2.7 | 12 |
| 72 | 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, 285-90 | 4.2 | 3 |
| 71 | No first night shift effect observed following a nocturnal main sleep and a prophylactic 1-h afternoon nap. <i>Chronobiology International</i> , 2016 , 33, 716-20 | 3.6 | 4 |
| 70 | The validity of activity monitors for measuring sleep in elite athletes. <i>Journal of Science and Medicine in Sport</i> , 2016 , 19, 848-53 | 4.4 | 87 |
| 69 | 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, 1704-6 | 4.6 | 32 |
| 68 | SOM Clustering and Modelling of Australian Railway Drivers' Sleep, Wake, Duty Profiles. <i>Studies in Computational Intelligence</i> , 2016 , 235-279 | 0.8 | |
| 67 | The time-of-day that breaks occur between consecutive duty periods affects the sleep strategies used by shiftworkers. <i>Chronobiology International</i> , 2016 , 33, 653-6 | 3.6 | 6 |
| 66 | Is it on? An algorithm for discerning wrist-accelerometer non-wear times from sleep/wake activity. <i>Chronobiology International</i> , 2016 , 33, 599-603 | 3.6 | 4 |
| 65 | Sleep duration is reduced in elite athletes following night-time competition. <i>Chronobiology International</i> , 2016 , 33, 667-70 | 3.6 | 59 |
| 64 | 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, 541-53 | 3.4 | 20 |
| 63 | Sleep/wake behaviours of elite athletes from individual and team sports. <i>European Journal of Sport Science</i> , 2015 , 15, 94-100 | 3.9 | 156 |
| 62 | Managing fatigue: It really is about sleep. <i>Accident Analysis and Prevention</i> , 2015 , 82, 20-6 | 6.1 | 36 |
| 61 | The influence of break timing on the sleep quantity and quality of fly-in, fly-out shiftworkers. <i>Industrial Health</i> , 2014 , 52, 521-30 | 2.5 | 3 |
| 60 | 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, 1209-17 | 3.6 | 22 |
| 59 | The impact of training schedules on the sleep and fatigue of elite athletes. <i>Chronobiology International</i> , 2014 , 31, 1160-8 | 3.6 | 164 |
| 58 | Current and future directions in clinical fatigue management: An update for emergency medicine practitioners. <i>EMA - Emergency Medicine Australasia</i> , 2014 , 26, 640-4 | 1.5 | 10 |

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| 57 | Alternatives to polysomnography (PSG): a validation of wrist actigraphy and a partial-PSG system. <i>Behavior Research Methods</i> , 2014 , 46, 1032-41 | 6.1 | 74 |
| 56 | 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 | 2.7 | 10 |
| 55 | Methods of the international study on soccer at altitude 3600 m (ISA3600). <i>British Journal of Sports Medicine</i> , 2013 , 47 Suppl 1, i80-5 | 10.3 | 10 |
| 54 | Position statement--altitude training for improving team-sport players' performance: current knowledge and unresolved issues. <i>British Journal of Sports Medicine</i> , 2013 , 47 Suppl 1, i8-16 | 10.3 | 36 |
| 53 | Soccer activity profile of altitude versus sea-level natives during acclimatisation to 3600 m (ISA3600). <i>British Journal of Sports Medicine</i> , 2013 , 47 Suppl 1, i107-13 | 10.3 | 21 |
| 52 | 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 Suppl 1, i114-20 | 10.3 | 45 |
| 51 | 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 Suppl 1, i93-9 | 10.3 | 26 |
| 50 | The impact of altitude on the sleep of young elite soccer players (ISA3600). <i>British Journal of Sports Medicine</i> , 2013 , 47 Suppl 1, i86-92 | 10.3 | 33 |
| 49 | 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, 1150-4 | 10.3 | 9 |
| 48 | Wellness, fatigue and physical performance acclimatisation to a 2-week soccer camp at 3600 m (ISA3600). <i>British Journal of Sports Medicine</i> , 2013 , 47 Suppl 1, i100-6 | 10.3 | 36 |
| 47 | Impact of layover length on sleep, subjective fatigue levels, and sustained attention of long-haul airline pilots. <i>Chronobiology International</i> , 2012 , 29, 580-6 | 3.6 | 25 |
| 46 | Sleep restriction masks the influence of the circadian process on sleep propensity. <i>Chronobiology International</i> , 2012 , 29, 565-71 | 3.6 | 28 |
| 45 | A model of shiftworker sleep/wake behaviour. <i>Accident Analysis and Prevention</i> , 2012 , 45 Suppl, 6-10 | 6.1 | 10 |
| 44 | 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 Suppl, 17-21 | 6.1 | 13 |
| 43 | 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 Suppl, 22-6 | 6.1 | 34 |
| 42 | The influence of circadian time and sleep dose on subjective fatigue ratings. <i>Accident Analysis and Prevention</i> , 2012 , 45 Suppl, 50-4 | 6.1 | 24 |
| 41 | Simulated driving under the influence of extended wake, time of day and sleep restriction. <i>Accident Analysis and Prevention</i> , 2012 , 45 Suppl, 55-61 | 6.1 | 46 |
| 40 | The effect of sleep restriction on snacking behaviour during a week of simulated shiftwork. <i>Accident Analysis and Prevention</i> , 2012 , 45 Suppl, 62-7 | 6.1 | 53 |

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| 39 | Can a simple balance task be used to assess fitness for duty?. <i>Accident Analysis and Prevention</i> , 2012 , 45 Suppl, 74-9 | 6.1 | 15 |
| 38 | Mismatch between subjective alertness and objective performance under sleep restriction is greatest during the biological night. <i>Journal of Sleep Research</i> , 2012 , 21, 40-9 | 5.8 | 64 |
| 37 | Author's response to Letter to the Editor. <i>Applied Ergonomics</i> , 2012 , 43, 267 | 4.2 | |
| 36 | How well do truck drivers sleep in cabin sleeper berths?. <i>Applied Ergonomics</i> , 2012 , 43, 442-6 | 4.2 | 17 |
| 35 | Time-of-day mediates the influences of extended wake and sleep restriction on simulated driving. <i>Chronobiology International</i> , 2012 , 29, 572-9 | 3.6 | 25 |
| 34 | The relative contributions of the homeostatic and circadian processes to sleep regulation under conditions of severe sleep restriction. <i>Sleep</i> , 2012 , 35, 941-8 | 1.1 | 14 |
| 33 | Dynamics of neurobehavioral performance variability under forced desynchrony: evidence of state instability. <i>Sleep</i> , 2011 , 34, 57-63 | 1.1 | 25 |
| 32 | Long-haul pilots use in-flight napping as a countermeasure to fatigue. <i>Applied Ergonomics</i> , 2011 , 42, 214-22 | 4.2 | 24 |
| 31 | The validity of temperature-sensitive ingestible capsules for measuring core body temperature in laboratory protocols. <i>Chronobiology International</i> , 2011 , 28, 719-26 | 3.6 | 19 |
| 30 | Performance on a simple response time task: Is sleep or work more important for miners?. <i>Applied Ergonomics</i> , 2011 , 42, 210-3 | 4.2 | 40 |
| 29 | Sleep, wake and phase dependent changes in neurobehavioral function under forced desynchrony. <i>Sleep</i> , 2011 , 34, 931-41 | 1.1 | 59 |
| 28 | The influence of circadian phase and prior wake on neuromuscular function. <i>Chronobiology International</i> , 2010 , 27, 911-21 | 3.6 | 33 |
| 27 | 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 | 3.6 | 37 |
| 26 | Interindividual differences in neurobehavioral performance in response to increasing homeostatic sleep pressure. <i>Chronobiology International</i> , 2010 , 27, 922-33 | 3.6 | 17 |
| 25 | How well do pilots sleep during long-haul flights?. <i>Ergonomics</i> , 2010 , 53, 1072-5 | 2.9 | 15 |
| 24 | The evidence that cyclic alternating pattern subtypes affect cognitive functioning is very weak. <i>Sleep Medicine</i> , 2010 , 11, 803; author reply 803-4 | 4.6 | 2 |
| 23 | Prediction of probabilistic sleep distributions following travel across multiple time zones. <i>Sleep</i> , 2010 , 33, 185-95 | 1.1 | 25 |
| 22 | The effects of different roster schedules on sleep in miners. <i>Applied Ergonomics</i> , 2010 , 41, 600-6 | 4.2 | 47 |

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| 21 | 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 | 4.2 | 41 |
| 20 | A field study of sleep and fatigue in a regular rotating 12-h shift system. <i>Applied Ergonomics</i> , 2009 , 40, 694-8 | 4.2 | 55 |
| 19 | The sensitivity of a palm-based psychomotor vigilance task to severe sleep loss. <i>Behavior Research Methods</i> , 2008 , 40, 347-52 | 6.1 | 53 |
| 18 | Simulated train driving: fatigue, self-awareness and cognitive disengagement. <i>Applied Ergonomics</i> , 2007 , 38, 155-66 | 4.2 | 87 |
| 17 | Does variation in workload affect fatigue in a regular 12-hour shift system?. <i>Sleep and Biological Rhythms</i> , 2007 , 5, 74-77 | 1.3 | 15 |
| 16 | The relationship between the rate of melatonin excretion and sleep consolidation for locomotive engineers in natural sleep settings. <i>Journal of Circadian Rhythms</i> , 2006 , 4, 8 | 2.5 | 7 |
| 15 | 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, 1379-87 | 3.6 | 118 |
| 14 | The sleep, subjective fatigue, and sustained attention of commercial airline pilots during an international pattern. <i>Chronobiology International</i> , 2006 , 23, 1357-62 | 3.6 | 83 |
| 13 | Do short international layovers allow sufficient opportunity for pilots to recover?. <i>Chronobiology International</i> , 2006 , 23, 1285-94 | 3.6 | 32 |
| 12 | The effects of fatigue on train handling during speed restrictions. <i>Transportation Research Part F: Traffic Psychology and Behaviour</i> , 2006 , 9, 243-257 | 4.5 | 32 |
| 11 | Observations of age-related differences in neurobehavioral performance in a 12-hour shift system. <i>Sleep and Biological Rhythms</i> , 2006 , 4, 171-174 | 1.3 | 5 |
| 10 | Changes in the concentration of urinary 6-sulphatoxymelatonin during a week of simulated night work. <i>Industrial Health</i> , 2005 , 43, 193-6 | 2.5 | 8 |
| 9 | The impact of extended leave on sleep and alertness in the Australian rail industry. <i>Industrial Health</i> , 2005 , 43, 105-13 | 2.5 | 7 |
| 8 | 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 | | 45 |
| 7 | Adaptation of performance during a week of simulated night work. <i>Ergonomics</i> , 2004 , 47, 154-65 | 2.9 | 40 |
| 6 | 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 | | 20 |
| 5 | The ability to self-monitor performance during a week of simulated night shifts. <i>Sleep</i> , 2003 , 26, 871-7 | 1.1 | 76 |
| 4 | 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, e17 | 2.1 | 37 |

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| 3 | The impact of a week of simulated night work on sleep, circadian phase, and performance. <i>Occupational and Environmental Medicine</i> , 2003 , 60, e13 | 2.1 | 65 |
| 2 | Perceptions of labour pain by mothers and their attending midwives. <i>Journal of Advanced Nursing</i> , 2001 , 35, 171-9 | 3.1 | 42 |
| 1 | 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 | | 9 |