

Nonpharmacologic Treatment of Chronic Insomnia

Sleep

22, 1134-1156

DOI: [10.1093/sleep/22.8.1134](https://doi.org/10.1093/sleep/22.8.1134)

Citation Report

#	ARTICLE	IF	CITATIONS
1	Sleep and disorders of sleep in people with mental retardation. <i>Current Opinion in Psychiatry</i> , 2000, 13, 507-511.	3.1	10
2	Exercise and sleep. <i>Sleep Medicine Reviews</i> , 2000, 4, 387-402.	3.8	566
3	Treatment of sleep disturbance in Alzheimer's disease. <i>Sleep Medicine Reviews</i> , 2000, 4, 603-628.	3.8	162
4	Nighttime sleep and daytime functioning (sleepiness and fatigue) in well-defined chronic rheumatic diseases. <i>Sleep Medicine</i> , 2000, 1, 179-193.	0.8	38
5	Intrusive thoughts and their relationship to actigraphic measurement of sleep: towards a cognitive model of insomnia. <i>Behaviour Research and Therapy</i> , 2000, 38, 679-693.	1.6	243
6	Chronic Depression in the Elderly. <i>Drugs and Aging</i> , 2001, 18, 507-514.	1.3	55
7	Psychometric comparisons of the standard and abbreviated DBAS-10 versions of the dysfunctional beliefs and attitudes about sleep questionnaire. <i>Sleep Medicine</i> , 2001, 2, 493-500.	0.8	57
8	Empirically Supported Treatments for Insomnia. <i>Cognitive Behaviour Therapy</i> , 2001, 30, 23-32.	0.4	3
9	Prevalence of Insomnia in the Adult Norwegian Population. <i>Sleep</i> , 2001, , .	0.6	57
10	An Open-Label Trial of Evidence-Based Cognitive Behavior Therapy for Nightmares and Insomnia in Crime Victims With PTSD. <i>American Journal of Psychiatry</i> , 2001, 158, 2043-2047.	4.0	158
11	Treatment Preference and Patient Satisfaction in Chronic Insomnia. <i>Sleep</i> , 2001, 24, 411-417.	0.6	184
12	Does Cognitive-Behavioral Insomnia Therapy Alter Dysfunctional Beliefs About Sleep?. <i>Sleep</i> , 2001, 24, 591-599.	0.6	185
14	Insomnia in adults. <i>Current Treatment Options in Neurology</i> , 2001, 3, 9-18.	0.7	12
15	Long-term effectiveness of a short-term cognitive-behavioral group treatment for primary insomnia. <i>European Archives of Psychiatry and Clinical Neuroscience</i> , 2001, 251, 35-41.	1.8	107
16	Nonpharmacologic group treatment of insomnia: a preliminary study with cancer survivors. <i>Psycho-Oncology</i> , 2001, 10, 389-397.	1.0	114
17	Treatment of insomnia in patients with mood disorders. <i>Depression and Anxiety</i> , 2001, 14, 7-18.	2.0	47
18	Anxiety sensitivity: Predictor of sleep-related impairment and medication use in chronic insomnia. <i>Depression and Anxiety</i> , 2001, 14, 238-243.	2.0	41
19	Mental health factors in late-life insomnia. <i>Reviews in Clinical Gerontology</i> , 2001, 11, 71-81.	0.5	4

#	ARTICLE	IF	CITATIONS
20	Predicting clinically significant response to cognitive behavior therapy for chronic insomnia in general medical practice: Analyses of outcome data at 12 months posttreatment.. Journal of Consulting and Clinical Psychology, 2001, 69, 58-66.	1.6	115
21	Chronic Insomnia Is Associated with Nyctohemeral Activation of the Hypothalamic-Pituitary-Adrenal Axis: Clinical Implications. Journal of Clinical Endocrinology and Metabolism, 2001, 86, 3787-3794.	1.8	705
22	Cognitive Behavioral Therapy for Treatment of Chronic Primary Insomnia. JAMA - Journal of the American Medical Association, 2001, 285, 1856.	3.8	523
23	Physical exercise for sleep problems in adults aged 60+. The Cochrane Library, 2002, , CD003404.	1.5	78
24	Trouble in Bed: The Role of Pre-Sleep Worry and Intrusions in the Maintenance of Insomnia. Journal of Cognitive Psychotherapy, 2002, 16, 161-177.	0.2	29
25	Bright light therapy for sleep problems in adults aged 60+. The Cochrane Library, 2002, , CD003403.	1.5	47
26	Major Depression and Insomnia in Chronic Pain. Clinical Journal of Pain, 2002, 18, 77-83.	0.8	220
28	Chapter 28 Clinical and polysomnographic findings in patients with chronic insomnia. Supplements To Clinical Neurophysiology, 2002, 54, 184-188.	2.1	0
29	IDENTIFYING SAFETY BEHAVIORS IN INSOMNIA. Journal of Nervous and Mental Disease, 2002, 190, 16-21.	0.5	54
30	Insomnia: Conceptual Issues in the Development, Persistence, and Treatment of Sleep Disorder in Adults. Annual Review of Psychology, 2002, 53, 215-243.	9.9	475
31	Insomniacs' reported use of CBT components and relationship to long-term clinical outcome. Behaviour Research and Therapy, 2002, 40, 75-83.	1.6	113
32	Are changes in beliefs and attitudes about sleep related to sleep improvements in the treatment of insomnia?. Behaviour Research and Therapy, 2002, 40, 741-752.	1.6	255
33	A cognitive model of insomnia. Behaviour Research and Therapy, 2002, 40, 869-893.	1.6	1,258
34	Insomnia. Nursing Clinics of North America, 2002, 37, 611-631.	0.7	16
35	Mind-body medicine: An introduction and review of the literature. Medical Clinics of North America, 2002, 86, 11-31.	1.1	124
36	Anxiety, depression, and insomnia. Primary Care - Clinics in Office Practice, 2002, 29, 339-360.	0.7	34
37	Sleep Quality in Patients with Panic Disorder: Relationship to Nocturnal Panic Attacks. Schlafqualität bei PatientInnen mit Panikstörung: Zusammenhang mit nachtlchen Panikattacken. Somnologie, 2002, 6, 149-153.	0.9	1
38	Clinical significance and predictors of treatment response to cognitive-behavior therapy for insomnia secondary to chronic pain. Journal of Behavioral Medicine, 2002, 25, 135-153.	1.1	86

#	ARTICLE	IF	CITATIONS
39	Approches cognitivo-comportementales dans la gestion de l'insomnie secondaire Ã la douleur chronique. <i>Douleur Et Analgesie</i> , 2003, 16, 111-116.	0.2	2
41	Psychological treatment of reported sleep disorder in adults with intellectual disability using a multiple baseline design. <i>Journal of Intellectual Disability Research</i> , 2003, 47, 191-202.	1.2	31
42	Adverse effects of temazepam in older adults with chronic insomnia. <i>Human Psychopharmacology</i> , 2003, 18, 75-82.	0.7	25
43	Insomnia causes, consequences, and therapeutics: An overview. <i>Depression and Anxiety</i> , 2003, 18, 163-176.	2.0	240
44	The Guidelines for 'Non-Restorative Sleep': Relevance for the Diagnosis and Therapy of Insomnia. Die Leitlinie "Nicht-erholsamer Schlaf": Relevanz fur Diagnostik und Therapie der Insomnie. <i>Somnologie</i> , 2003, 7, 66-76.	0.9	19
45	Training Caregivers to Change the Sleep Hygiene Practices of Patients with Dementia: The NITE-AD Project. <i>Journal of the American Geriatrics Society</i> , 2003, 51, 1455-1460.	1.3	72
46	Comprehensive Assessment of Insomnia in Recovering Alcoholics Using Daily Sleep Diaries and Ambulatory Monitoring. <i>Alcoholism: Clinical and Experimental Research</i> , 2003, 27, 1262-1269.	1.4	69
47	Nocturnal sleep, daytime sleepiness, and quality of life in stable patients on hemodialysis. <i>Health and Quality of Life Outcomes</i> , 2003, 1, 68.	1.0	67
48	Consensus on Drug Treatment, Definition and Diagnosis for Insomnia. <i>Clinical Drug Investigation</i> , 2003, 23, 351-385.	1.1	44
49	Measuring outcomes in randomized clinical trials of insomnia treatments. <i>Sleep Medicine Reviews</i> , 2003, 7, 263-279.	3.8	153
50	The challenge of chronic insomnia: is non-nightly hypnotic treatment a feasible alternative?. <i>European Psychiatry</i> , 2003, 18, 201-208.	0.1	28
51	Cognitive and Behavioral Anomalies Among Insomnia Patients With Mixed Restless Legs and Periodic Limb Movement Disorder. <i>Behavioral Sleep Medicine</i> , 2003, 1, 37-53.	1.1	16
52	Predicting longer-term outcomes following psychological treatment for hypnotic-dependent chronic insomnia. <i>Journal of Psychosomatic Research</i> , 2003, 54, 21-29.	1.2	64
53	P300 amplitude in subjects with primary insomnia is modulated by their sleep quality. <i>Journal of Psychosomatic Research</i> , 2003, 54, 3-10.	1.2	41
54	Behavioral treatment of insomnia in older adults: an open clinical trial comparing two interventions. <i>Behaviour Research and Therapy</i> , 2003, 41, 31-48.	1.6	65
55	Quality of life in sleep disorders. <i>Sleep Medicine Reviews</i> , 2003, 7, 335-349.	3.8	215
56	Use of sleep hygiene in the treatment of insomnia. <i>Sleep Medicine Reviews</i> , 2003, 7, 215-225.	3.8	569
57	Cognitive behaviour therapy for primary insomnia: Can we rest yet?. <i>Sleep Medicine Reviews</i> , 2003, 7, 237-262.	3.8	131

#	ARTICLE	IF	CITATIONS
58	Advances in the behavioral treatment of insomnia. <i>Sleep Medicine Reviews</i> , 2003, 7, 201-202.	3.8	4
59	Insomnia, alcoholism and relapse. <i>Sleep Medicine Reviews</i> , 2003, 7, 523-539.	3.8	299
60	Mind-Body Medicine: State of the Science, Implications for Practice. <i>Journal of the American Board of Family Medicine</i> , 2003, 16, 131-147.	0.8	402
61	Single-factor theories of insomnia - handle with care. <i>Age and Ageing</i> , 2003, 32, 123-124.	0.7	4
62	Relation Between Adherence and Outcome in the Group Treatment of Insomnia. <i>Behavioral Sleep Medicine</i> , 2003, 1, 125-139.	1.1	56
63	Non-pharmacological management of primary and secondary insomnia among older people: review of assessment tools and treatments. <i>Age and Ageing</i> , 2003, 32, 19-25.	0.7	77
64	Self-Efficacy and Adherence to Cognitive-Behavioral Treatment of Insomnia. <i>Behavioral Sleep Medicine</i> , 2003, 1, 187-199.	1.1	62
65	Behavioral Sleep Medicine: A Historical Perspective. <i>Behavioral Sleep Medicine</i> , 2003, 1, 4-21.	1.1	15
66	Cognitive behavioural interventions for sleep problems in adults aged 60+. <i>The Cochrane Library</i> , 2003, , .	1.5	125
67	Sleep and Sleep Disorders. , 2003, , 1031-1042.		1
68	Diagnose and Treat Primary Insomnia. <i>Nurse Practitioner</i> , 2003, 28, 13-27.	0.2	6
69	A Primary Care "Friendly" Cognitive Behavioral Insomnia Therapy. <i>Sleep</i> , 2003, 26, 177-182.	0.6	279
70	Role of Stress, Arousal, and Coping Skills in Primary Insomnia. <i>Psychosomatic Medicine</i> , 2003, 65, 259-267.	1.3	564
71	Reliability and validity of Women's Health Initiative Insomnia Rating Scale.. <i>Psychological Assessment</i> , 2003, 15, 137-148.	1.2	230
72	Effects of a Yearlong Moderate-Intensity Exercise and a Stretching Intervention on Sleep Quality in Postmenopausal Women. <i>Sleep</i> , 2003, 26, 830-836.	0.6	138
73	Sono e envelhecimento. <i>Revista De Psiquiatria Do Rio Grande Do Sul</i> , 2003, 25, 453-465.	0.3	37
74	Le traitement cognitivo-comportemental de l'insomnie et son utilisation lors de l'arrêt des hypnotiques. <i>Sante Mentale Au Quebec</i> , 2003, 28, 87-101.	0.1	1
75	Sleep Education in College: A Preliminary Study. <i>Perceptual and Motor Skills</i> , 2004, 99, 837-848.	0.6	24

#	ARTICLE	IF	CITATIONS
76	A Review of Select Alternative Treatment Approaches for Acquired Neurogenic Disorders: Relaxation Therapy and Acupuncture. <i>Seminars in Speech and Language</i> , 2004, 25, 133-149.	0.5	14
77	Reducing Bedtime Disturbance and Night Waking Using Positive Bedtime Routines and Sleep Restriction. <i>Focus on Autism and Other Developmental Disabilities</i> , 2004, 19, 130-139.	0.8	54
78	Lifestyle Practices and Nocturnal Sleep in Midlife Women with and without Insomnia. <i>Biological Research for Nursing</i> , 2004, 6, 46-58.	1.0	35
80	Randomized controlled trial of brief cognitive-behavioural interventions for insomnia in recovering alcoholics. <i>Addiction</i> , 2004, 99, 1121-1132.	1.7	193
81	Self-monitoring and bibliotherapy in brief behavior therapy for poor sleepers by correspondence. <i>Sleep and Biological Rhythms</i> , 2004, 2, 73-75.	0.5	6
82	Sleep disorders: An overview. <i>Clinical Cornerstone</i> , 2004, 6, S6-S16.	1.0	13
83	Variations in sleep hygiene practices of women with and without insomnia. <i>Research in Nursing and Health</i> , 2004, 27, 225-236.	0.8	33
84	Treatment of Chronic Insomnia with Yoga: A Preliminary Study with Sleep/Wake Diaries. <i>Applied Psychophysiology Biofeedback</i> , 2004, 29, 269-278.	1.0	160
85	Refractory Insomnia and Sleep-Disordered Breathing: A Pilot Study. <i>Sleep and Breathing</i> , 2004, 8, 15-29.	0.9	104
86	Overview of the Therapeutic Management of Insomnia with Zolpidem. <i>CNS Drugs</i> , 2004, 18, 17-23.	2.7	10
87	Management of Insomnia in Patients with Chronic Pain Conditions. <i>CNS Drugs</i> , 2004, 18, 285-296.	2.7	73
88	Sequential Treatment for Chronic Insomnia: A Pilot Study. <i>Behavioral Sleep Medicine</i> , 2004, 2, 94-112.	1.1	12
89	Identification and management of insomnia. <i>Medical Clinics of North America</i> , 2004, 88, 567-596.	1.1	44
92	Validity of a Short Insomnia Questionnaire: the SDQ. <i>Brain Research Bulletin</i> , 2004, 63, 415-421.	1.4	87
93	Treatment of insomnia associated with clinical depression. <i>Sleep Medicine Reviews</i> , 2004, 8, 19-30.	3.8	117
94	Correcting distorted perception of sleep in insomnia: a novel behavioural experiment?. <i>Behaviour Research and Therapy</i> , 2004, 42, 27-39.	1.6	149
95	Insomnia. <i>Lancet</i> , The, 2004, 364, 1959-1973.	6.3	194
96	Promoting mental well-being in Greenwich – a strategic approach. <i>Journal of Public Mental Health</i> , 2004, 3, 37-44.	0.8	0

#	ARTICLE	IF	CITATIONS
99	Mind-Body Medicine in Ambulatory Care. <i>Journal of Ambulatory Care Management</i> , 2004, 27, 25-42.	0.5	11
100	Internet-Based Treatment for Insomnia: A Controlled Evaluation.. <i>Journal of Consulting and Clinical Psychology</i> , 2004, 72, 113-120.	1.6	270
101	Schlaf, Depression und insomnische Beschwerden. <i>Verhaltenstherapie</i> , 2005, 15, 234-243.	0.3	8
102	Valerian-Hops Combination and Diphenhydramine for Treating Insomnia: A Randomized Placebo-Controlled Clinical Trial. <i>Sleep</i> , 2005, 28, 1465-1471.	0.6	162
103	Sleep disorders in older people. <i>Aging Health</i> , 2005, 1, 449-457.	0.3	2
104	Validation of the Women's Health Initiative Insomnia Rating Scale in a Multicenter Controlled Clinical Trial. <i>Psychosomatic Medicine</i> , 2005, 67, 98-104.	1.3	85
105	Sleep-Related Attentional Bias in Good, Moderate, and Poor (Primary Insomnia) Sleepers.. <i>Journal of Abnormal Psychology</i> , 2005, 114, 249-258.	2.0	80
106	Randomized, Controlled Trial of a Nonpharmacological Intervention to Improve Abnormal Sleep/Wake Patterns in Nursing Home Residents. <i>Journal of the American Geriatrics Society</i> , 2005, 53, 803-810.	1.3	226
107	Diagnosis and Management of Insomnia in Older People. <i>Journal of the American Geriatrics Society</i> , 2005, 53, S272-S277.	1.3	59
108	Sleep onset insomnia during childhood or poor fit between biology and culture:. Comment on van der Heijden et al. 'Prediction of melatonin efficacy by pre-treatment dim light melatonin onset in children with idiopathic chronic sleep onset insomnia'.. <i>Journal of Sleep Research</i> , 2005, 14, 195-197.	1.7	9
109	Towards a valid, reliable measure of sleep effort. <i>Journal of Sleep Research</i> , 2005, 14, 401-407.	1.7	167
110	Cognitive behavioural therapy for primary insomnia: a systematic review. <i>Journal of Advanced Nursing</i> , 2005, 50, 553-564.	1.5	98
111	Treatment of residual insomnia after CBT for PTSD: Case studies. <i>Journal of Traumatic Stress</i> , 2005, 18, 155-159.	1.0	118
112	Insomnia in women: an overlooked epidemic?. <i>Archives of Women's Mental Health</i> , 2005, 8, 205-213.	1.2	71
113	Insomnia. Current Treatment Options in Neurology, 2005, 7, 373-386.	0.7	1
114	Cognitive-Behavioral Group Therapy as an Early Intervention for Insomnia: A Randomized Controlled Trial. <i>Journal of Occupational Rehabilitation</i> , 2005, 15, 177-190.	1.2	63
115	Psychometric Evaluation of the Chinese Version of the Pittsburgh Sleep Quality Index (CPSQI) in Primary Insomnia and Control Subjects. <i>Quality of Life Research</i> , 2005, 14, 1943-1952.	1.5	841
116	Sensitivity and Specificity of Measures of the Insomnia Experience: a Comparative Study of Psychophysiological Insomnia, Insomnia Associated with Mental Disorder and Good Sleepers. <i>Sleep</i> , 2005, 28, 104-112.	0.6	68

#	ARTICLE	IF	CITATIONS
117	Oral Nonprescription Treatment for Insomnia: An Evaluation of Products With Limited Evidence. <i>Journal of Clinical Sleep Medicine</i> , 2005, 01, 173-187.	1.4	128
118	The Use of Pharmacotherapy in the Treatment of Pediatric Insomnia in Primary Care: Rational Approaches. A Consensus Meeting Summary. <i>Journal of Clinical Sleep Medicine</i> , 2005, 01, 49-59.	1.4	106
119	History of the Development of Sleep Medicine in the United States. <i>Journal of Clinical Sleep Medicine</i> , 2005, 01, 61-82.	1.4	108
120	Current Patterns and Future Directions in the Treatment of Insomnia. <i>Annals of Clinical Psychiatry</i> , 2005, 17, 31-40.	0.6	25
121	Help-Seeking for Insomnia among Adult Patients in Primary Care. <i>Journal of the American Board of Family Medicine</i> , 2005, 18, 257-261.	0.8	96
122	THE ECOLOGY OF BIPOLAR DISORDER: THE IMPORTANCE OF SLEEP. <i>Issues in Mental Health Nursing</i> , 2005, 26, 699-720.	0.6	6
124	A Cognitive Theory and Therapy for Chronic Insomnia. <i>Journal of Cognitive Psychotherapy</i> , 2005, 19, 41-59.	0.2	113
125	Sleep-Related Functioning in Euthymic Patients With Bipolar Disorder, Patients With Insomnia, and Subjects Without Sleep Problems. <i>American Journal of Psychiatry</i> , 2005, 162, 50-57.	4.0	337
126	The condition of insomnia: Etiopathogenetic considerations and their impact on treatment practices. <i>International Review of Psychiatry</i> , 2005, 17, 255-262.	1.4	11
127	Randomized Study on the Efficacy of Cognitive-Behavioral Therapy for Insomnia Secondary to Breast Cancer, Part I: Sleep and Psychological Effects. <i>Journal of Clinical Oncology</i> , 2005, 23, 6083-6096.	0.8	451
128	Sleep/Wake Disturbances in People With Cancer and Their Caregivers: State of the Science. <i>Oncology Nursing Forum</i> , 2005, 32, E98-E126.	0.5	211
129	Diagnosis and Treatment of Chronic Insomnia: A Review. <i>Psychiatric Services</i> , 2005, 56, 332-343.	1.1	214
130	Nonpharmacologic Techniques for Promoting Sleep. <i>Clinics in Sports Medicine</i> , 2005, 24, 343-353.	0.9	12
131	Effect of sleep apnea on cognition and mood. <i>International Review of Psychiatry</i> , 2005, 17, 277-282.	1.4	128
132	Factors associated with objective (actigraphic) and subjective sleep quality in young adult women. <i>Journal of Psychosomatic Research</i> , 2005, 59, 11-19.	1.2	94
133	Cognitive-behavioral therapy for primary insomnia. <i>Clinical Psychology Review</i> , 2005, 25, 539-558.	6.0	246
134	Cognitive approaches to insomnia. <i>Clinical Psychology Review</i> , 2005, 25, 593-611.	6.0	210
135	Adolescents, substance abuse, and the treatment of insomnia and daytime sleepiness. <i>Clinical Psychology Review</i> , 2005, 25, 629-644.	6.0	318

#	ARTICLE	IF	CITATIONS
136	Treatment of insomnia in older adults. <i>Clinical Psychology Review</i> , 2005, 25, 645-672.	6.0	41
137	Sequential combinations of drug and cognitive behavioral therapy for chronic insomnia: An exploratory study. <i>Behaviour Research and Therapy</i> , 2005, 43, 1611-1630.	1.6	64
138	Barriers to the Integration of Mind-Body Medicine: Perceptions of Physicians, Residents, and Medical Students. <i>Explore: the Journal of Science and Healing</i> , 2005, 1, 278-283.	0.4	22
139	A randomized controlled trial of stress reduction in African Americans treated for hypertension for over one year. <i>American Journal of Hypertension</i> , 2005, 18, 88-98.	1.0	127
140	Pharmacologic and Nonpharmacologic Treatments of Insomnia. <i>Neurologic Clinics</i> , 2005, 23, 1149-1163.	0.8	28
142	Chronic Insomnia. <i>New England Journal of Medicine</i> , 2005, 353, 803-810.	13.9	124
143	Nonpharmacologic Strategies in the Management of Insomnia. <i>Psychiatric Clinics of North America</i> , 2006, 29, 895-919.	0.7	30
144	Diagnosis and Treatment of Sleep Disorders in Older Adults. <i>American Journal of Geriatric Psychiatry</i> , 2006, 14, 95-103.	0.6	177
145	Sleep Disturbances in Patients with Post-Traumatic Stress Disorder. <i>CNS Drugs</i> , 2006, 20, 567-590.	2.7	275
146	Cognitive Behavioral Treatment in Clinically Referred Chronic Insomniacs: Group Versus Individual Treatment. <i>Behavioral Sleep Medicine</i> , 2006, 4, 135-151.	1.1	34
147	Efficacy of a short-term psychoeducational intervention for persistent non-organic insomnia in severely mentally ill patients. A pilot study. <i>European Psychiatry</i> , 2006, 21, 460-462.	0.1	14
148	Sleep and Its Disorders in Older Adults. <i>Psychiatric Clinics of North America</i> , 2006, 29, 1077-1093.	0.7	53
149	Insomnia and Its Comorbidities in Chronic Kidney Disease. <i>Seminars in Nephrology</i> , 2006, 26, 61-63.	0.6	15
150	Sleep Deprivation and Sleepiness Caused by Sleep Loss. <i>Sleep Medicine Clinics</i> , 2006, 1, 31-45.	1.2	25
151	Cognitive-behavioral Therapy of Insomnia. <i>Sleep Medicine Clinics</i> , 2006, 1, 375-386.	1.2	49
152	Insomnia in the Older Adult. <i>Sleep Medicine Clinics</i> , 2006, 1, 409-421.	1.2	7
153	Comparison of Sleep Condition and Sleep-Related Psychological Activity after Cognitive-Behavior and Pharmacological Therapy for Chronic Insomnia. <i>Psychotherapy and Psychosomatics</i> , 2006, 75, 220-228.	4.0	100
154	Eszopiclone, a Nonbenzodiazepine Sedative-Hypnotic Agent for the Treatment of Transient and Chronic Insomnia. <i>Clinical Therapeutics</i> , 2006, 28, 491-516.	1.1	97

#	ARTICLE	IF	CITATIONS
155	Sleep function and synaptic homeostasis. <i>Sleep Medicine Reviews</i> , 2006, 10, 49-62.	3.8	1,738
156	Sleep homeostasis in primary insomnia. <i>Sleep Medicine Reviews</i> , 2006, 10, 247-254.	3.8	92
157	Neurophysiological aspects of primary insomnia: Implications for its treatment. <i>Sleep Medicine Reviews</i> , 2006, 10, 255-266.	3.8	60
158	The attention-“intention” effort pathway in the development of psychophysiological insomnia: A theoretical review. <i>Sleep Medicine Reviews</i> , 2006, 10, 215-245.	3.8	391
159	InsÃ¢nia na menopausa e perimenopausa: caracterÃ¢sticas clÃ¢nicas e opÃ¢Ãµes terapÃ¢uticas. <i>Revista De Psiquiatria Clinica</i> , 2006, 33, 103-109.	0.6	6
160	Transtornos do sono em pacientes ambulatoriais com depressÃ£o. <i>Revista De Psiquiatria Clinica</i> , 2006, 33, 233-238.	0.6	5
161	Sedative Hypnotics. <i>Focus (American Psychiatric Publishing)</i> , 2006, 4, 472-479.	0.4	0
162	Altering misperception of sleep in insomnia: Behavioral experiment versus verbal feedback.. <i>Journal of Consulting and Clinical Psychology</i> , 2006, 74, 767-776.	1.6	82
163	Integrating self-help into psychotherapy: 16 practical suggestions.. <i>Professional Psychology: Research and Practice</i> , 2006, 37, 683-693.	0.6	46
164	Who is a candidate for cognitive-behavioral therapy for insomnia?. <i>Health Psychology</i> , 2006, 25, 15-19.	1.3	59
165	Comparative meta-analysis of behavioral interventions for insomnia and their efficacy in middle-aged adults and in older adults 55+ years of age.. <i>Health Psychology</i> , 2006, 25, 3-14.	1.3	500
166	Worksite intervention effects on sleep quality: A randomized controlled trial.. <i>Journal of Occupational Health Psychology</i> , 2006, 11, 291-304.	2.3	34
167	Identifying Critical Beliefs About Sleep in Primary Insomnia. <i>Sleep</i> , 2006, 29, 342-350.	0.6	103
168	Sleep and circadian rhythms in children and adolescents with bipolar disorder. <i>Development and Psychopathology</i> , 2006, 18, 1147-68.	1.4	73
169	A Brief Behavioral Sleep Intervention for Family Caregivers of Persons With Cancer. <i>Cancer Nursing</i> , 2006, 29, 95-103.	0.7	110
170	The Effects of On-Duty Napping on Intern Sleep Time and Fatigue. <i>Obstetrical and Gynecological Survey</i> , 2006, 61, 696-697.	0.2	1
171	Role of Monitoring and Blunting Coping Styles in Primary Insomnia. <i>Psychosomatic Medicine</i> , 2006, 68, 110-115.	1.3	29
172	Association Between Nocturnal Vagal Tone and Sleep Depth, Sleep Quality, and Fatigue in Alcohol Dependence. <i>Psychosomatic Medicine</i> , 2006, 68, 159-166.	1.3	73

#	ARTICLE	IF	CITATIONS
173	Sleep Impairment in Patients With Painful Diabetic Peripheral Neuropathy. <i>Clinical Journal of Pain</i> , 2006, 22, 681-685.	0.8	158
174	Psychological And Behavioral Treatment Of Insomnia: Update Of The Recent Evidence (1998â€“2004). <i>Sleep</i> , 2006, 29, 1398-1414.	0.6	1,096
175	The Effects of On-Duty Napping on Intern Sleep Time and Fatigue. <i>Annals of Internal Medicine</i> , 2006, 144, 792.	2.0	118
176	Validation of a 3-Factor Scoring Model for the Pittsburgh Sleep Quality Index in Older Adults. <i>Sleep</i> , 2006, 29, 112-116.	0.6	305
177	Association between memory impairment and insomnia among older adults. <i>European Journal of Ageing</i> , 2006, 3, 107-115.	1.2	9
178	Epilepsy and sleep. <i>Current Treatment Options in Neurology</i> , 2006, 8, 271-279.	0.7	13
179	Treatment of sleep dysfunction and psychiatric disorders. <i>Current Treatment Options in Neurology</i> , 2006, 8, 367-375.	0.7	32
180	Insomnia Classifications: Are They Clinically Useful?. <i>Journal for Nurse Practitioners</i> , 2006, 2, S612-S620.	0.4	0
181	Long-Term Pharmacotherapy in the Management of Chronic Insomnia. <i>Journal for Nurse Practitioners</i> , 2006, 2, S621-S632.	0.4	0
182	Sleep and Developmental Disabilities: Assessment, Treatment, and Outcome Measures. <i>Mental Retardation</i> , 2006, 44, 13-27.	1.1	40
183	Sleep Disorders and Their Classification â€œ An Overview. , 2006, 35, 1-12.		3
184	The effects of an intervention group with the support of non-pharmacological Chinese medicine on older Chinese adults with insomnia. <i>International Social Work</i> , 2006, 49, 791-803.	1.1	2
185	Progressive Muscle Relaxation. <i>Journal of Human Behavior in the Social Environment</i> , 2006, 13, 51-66.	1.1	129
186	Insomnia in places of detention: a review of the most recent research findings. <i>Medicine, Science and the Law</i> , 2007, 47, 191-199.	0.6	20
187	Impact of Adult Day Services on Behavioral and Psychological Symptoms of Dementia. <i>Gerontologist</i> , The, 2007, 47, 775-788.	2.3	81
189	State of the Art Reviews: Nonpharmacologic Approaches for the Treatment of Insomnia. <i>American Journal of Lifestyle Medicine</i> , 2007, 1, 274-282.	0.8	5
190	Treatment Options for Sleep Disturbances During Alcohol Recovery. <i>Journal of Addictive Diseases</i> , 2007, 26, 41-54.	0.8	86
191	Randomized Clinical Effectiveness Trial of Nurse-Administered Small-Group Cognitive Behavior Therapy for Persistent Insomnia in General Practice. <i>Sleep</i> , 2007, 30, 574-584.	0.6	254

#	ARTICLE	IF	CITATIONS
192	Sleep Disturbance in Adults With Posttraumatic Stress Disorder. <i>Journal of Clinical Psychiatry</i> , 2007, 68, 1257-1270.	1.1	156
193	Effect of Valerian Extract Preparation (BIM) on the Sleep-Wake Cycle in Rats. <i>Biological and Pharmaceutical Bulletin</i> , 2007, 30, 363-366.	0.6	29
194	Hypnotic taper with or without self-help treatment of insomnia: A randomized clinical trial.. <i>Journal of Consulting and Clinical Psychology</i> , 2007, 75, 325-335.	1.6	64
195	Evidence-based psychological treatments for insomnia in older adults.. <i>Psychology and Aging</i> , 2007, 22, 18-27.	1.4	142
196	Sleep disturbances in caregivers of persons with dementia: Contributing factors and treatment implications. <i>Sleep Medicine Reviews</i> , 2007, 11, 143-153.	3.8	241
197	Prise en charge comportementale de l'insomnie chronique. <i>Médecine Du Sommeil</i> , 2007, 4, 4-10.	0.3	4
199	Prevalence and correlates of clinical insomnia co-occurring with chronic back pain. <i>Journal of Sleep Research</i> , 2007, 16, 85-95.	1.7	316
200	Prospective comparison of subjective arousal during the pre-sleep period in primary sleep-onset insomnia and normal sleepers. <i>Journal of Sleep Research</i> , 2007, 16, 230-238.	1.7	55
201	Intensive Sleep Retraining treatment for chronic primary insomnia: a preliminary investigation. <i>Journal of Sleep Research</i> , 2007, 16, 276-284.	1.7	48
202	Relationships between sleep knowledge, sleep practice and sleep quality. <i>Sleep and Biological Rhythms</i> , 2007, 5, 63-73.	0.5	32
203	The effect of a sleep hygiene education program on the sleep/wake cycle of Brazilian adolescent students. <i>Sleep and Biological Rhythms</i> , 2007, 5, 251-258.	0.5	103
204	Therapeutic Options for Sleep-Maintenance and Sleep-Onset Insomnia. <i>Pharmacotherapy</i> , 2007, 27, 89-110.	1.2	95
205	Sleep Disturbances in Caregivers of Patients With End-Stage Congestive Heart Failure: Part II? Assess and Intervene. <i>Progress in Cardiovascular Nursing</i> , 2007, 22, 93-96.	0.5	4
206	Methodology in clinical sleep research. <i>Cellular and Molecular Life Sciences</i> , 2007, 64, 1244-1253.	2.4	0
207	Internet-administered cognitive behavior therapy for health problems: a systematic review. <i>Journal of Behavioral Medicine</i> , 2008, 31, 169-177.	1.1	465
208	Sleeping through the night: Are extended-release formulations the answer?. <i>Journal of the American Academy of Nurse Practitioners</i> , 2008, 20, 69-75.	1.4	5
209	A brief behavior therapy administered by correspondence improves sleep and sleep-related behavior in poor sleepers. <i>Sleep and Biological Rhythms</i> , 2008, 6, 16-21.	0.5	15
210	Group Cognitive-Behavioral Therapy for Insomnia in a VA Mental Health Clinic. <i>Cognitive and Behavioral Practice</i> , 2008, 15, 426-434.	0.9	15

#	ARTICLE	IF	CITATIONS
213	Sleep, hypnotics and chronic obstructive pulmonary disease. <i>Respiratory Medicine</i> , 2008, 102, 801-814.	1.3	48
214	Disturbed sleep in post-traumatic stress disorder: Secondary symptom or core feature?. <i>Sleep Medicine Reviews</i> , 2008, 12, 169-184.	3.8	438
216	Daytime functioning in older patients suffering from chronic insomnia: Treatment outcome in a randomized controlled trial comparing CBT with Zopiclone. <i>Behaviour Research and Therapy</i> , 2008, 46, 623-641.	1.6	40
217	The Role of Sleep-Related Beliefs to Improvement in Early Cognitive Behavioral Therapy for Insomnia. <i>Cognitive Behaviour Therapy</i> , 2008, 37, 5-13.	1.9	20
218	Sleep and Its Disorders in Seniors. <i>Sleep Medicine Clinics</i> , 2008, 3, 281-293.	1.2	44
219	Nonpharmacologic Therapy for Insomnia in the Elderly. <i>Clinics in Geriatric Medicine</i> , 2008, 24, 107-119.	1.0	38
220	Nonpharmacologic Strategies in the Management of Insomnia: Rationale and Implementation. <i>Sleep Medicine Clinics</i> , 2008, 3, 189-204.	1.2	6
221	The Effect of Music Relaxation versus Progressive Muscular Relaxation on Insomnia in Older People and Their Relationship to Personality Traits. <i>Journal of Music Therapy</i> , 2008, 45, 360-380.	0.6	46
222	Combined Insomnia and Poor CPAP Compliance. <i>Clinical Case Studies</i> , 2008, 7, 267-286.	0.5	20
223	Effects of Moderate-Intensity Exercise on Polysomnographic and Subjective Sleep Quality in Older Adults With Mild to Moderate Sleep Complaints. <i>Journals of Gerontology - Series A Biological Sciences and Medical Sciences</i> , 2008, 63, 997-1004.	1.7	175
224	Magic bullets for insomnia? Patients' use and experiences of newer (Z drugs) versus older (benzodiazepine) hypnotics for sleep problems in primary care. <i>British Journal of General Practice</i> , 2008, 58, 417-422.	0.7	108
225	Auricular Acupuncture Versus Sham Acupuncture in the Treatment of Women Who Have Insomnia. <i>Journal of Alternative and Complementary Medicine</i> , 2008, 14, 39-46.	2.1	34
226	Diagnosis and treatment of insomnia. <i>American Journal of Health-System Pharmacy</i> , 2008, 65, 927-934.	0.5	66
227	Sleep in the Elderly: Normal Variations and Common Sleep Disorders. <i>Harvard Review of Psychiatry</i> , 2008, 16, 279-286.	0.9	143
228	Randomized Controlled Clinical Effectiveness Trial of Cognitive Behavior Therapy Compared With Treatment As Usual for Persistent Insomnia in Patients With Cancer. <i>Journal of Clinical Oncology</i> , 2008, 26, 4651-4658.	0.8	327
229	Sleep Disturbance in Bipolar Disorder: Therapeutic Implications. <i>American Journal of Psychiatry</i> , 2008, 165, 830-843.	4.0	217
230	The Application of Biosignal Feedback for Reducing Cybersickness from Exposure to a Virtual Environment. <i>Presence: Teleoperators and Virtual Environments</i> , 2008, 17, 1-16.	0.3	52
232	Integrated Group Program for Improving Sleep Quality of Elderly People. <i>Journal of Gerontological Social Work</i> , 2008, 51, 366-378.	0.6	4

#	ARTICLE	IF	CITATIONS
233	Prefrontal Hypoactivation and Recovery in Insomnia. <i>Sleep</i> , 2008, , .	0.6	94
234	Insomnias. , 0, , 97-112.		1
235	Sleeping Without a Pill: Nonpharmacologic Treatments for Insomnia. <i>Journal of Psychiatric Practice</i> , 2008, 14, 403-407.	0.3	15
236	Restless legs syndrome in institutionalized elderly. <i>Arquivos De Neuro-Psiquiatria</i> , 2008, 66, 328-330.	0.3	9
237	Sleep Disturbance during Military Deployment. <i>Military Medicine</i> , 2008, 173, 230-235.	0.4	132
238	Non-pharmacological management of chronic insomnia in primary care. <i>British Journal of General Practice</i> , 2008, 58, 79-80.	0.7	4
239	Clinical Guideline for the Evaluation and Management of Chronic Insomnia in Adults. <i>Journal of Clinical Sleep Medicine</i> , 2008, 04, 487-504.	1.4	1,380
240	Nature and Treatment of Insomnia. , 2009, , 361-376.		2
241	PAIN AND SLEEP. , 2009, , 363-372.		1
242	Sleep Disorders in the Elderly. , 2009, , 606-620.		2
244	A Brief Parental Education for Shaping Sleep Habits in 4-Month-Old Infants. <i>Clinical Medicine and Research</i> , 2009, 7, 85-92.	0.4	33
245	What Characterizes Persons Who Do Not Report Musculoskeletal Pain? Results from a 4-year Population-based Longitudinal Study (The Epifund Study). <i>Journal of Rheumatology</i> , 2009, 36, 1071-1077.	1.0	35
246	The Development and Evaluation of a Large-Scale Self-Referral CBT-I Intervention for Men Who Have Insomnia: An Exploratory Study. <i>Behavioural and Cognitive Psychotherapy</i> , 2009, 37, 239.	0.9	21
247	Clinical psychology training in sleep and sleep disorders. <i>Journal of Clinical Psychology</i> , 2009, 65, 305-318.	1.0	65
248	The Effects of Respiratory Sinus Arrhythmia Biofeedback on Heart Rate Variability and Posttraumatic Stress Disorder Symptoms: A Pilot Study. <i>Applied Psychophysiology Biofeedback</i> , 2009, 34, 135-143.	1.0	270
249	Use of a Portable Biofeedback Device to Improve Insomnia in a Combat Zone, a Case Report. <i>Applied Psychophysiology Biofeedback</i> , 2009, 34, 319-321.	1.0	38
250	Non-pharmacological treatments for insomnia. <i>Journal of Behavioral Medicine</i> , 2009, 32, 244-254.	1.1	67
251	Treatment of sleep dysfunction and psychiatric disorders. <i>Current Treatment Options in Neurology</i> , 2009, 11, 349-357.	0.7	31

#	ARTICLE	IF	CITATIONS
253	Cognitive-behavioral therapy for sleep abnormalities of chronic pain patients. <i>Current Rheumatology Reports</i> , 2009, 11, 451-460.	2.1	47
255	Review of systematic reviews about the efficacy of non-pharmacological interventions to improve sleep quality in insomnia. <i>International Journal of Evidence-Based Healthcare</i> , 2009, 7, 233-242.	0.1	36
256	Late-life insomnia: A review. <i>Geriatrics and Gerontology International</i> , 2009, 9, 220-234.	0.7	58
257	Evidence-Based Recommendations for the Assessment and Management of Sleep Disorders in Older Persons. <i>Journal of the American Geriatrics Society</i> , 2009, 57, 761-789.	1.3	385
258	The treatments of chronic insomnia: A review of benzodiazepine receptor agonists and psychological and behavioral therapies. <i>Sleep Medicine Reviews</i> , 2009, 13, 205-214.	3.8	403
259	Sex as a cure for insomnia. <i>Medical Hypotheses</i> , 2009, 72, 760-761.	0.8	2
260	Classification of Sleep Disorders. , 2009, , 275-283.		1
262	Primary Insomnia: An Overview of Practical Management Using Cognitive Behavioral Techniques. <i>Sleep Medicine Clinics</i> , 2009, 4, 559-569.	1.2	5
263	Sleep Disturbance and Pain in an Obese Residential Treatment-seeking Population. <i>Clinical Journal of Pain</i> , 2009, 25, 584-589.	0.8	8
264	“Stepped Care”: A Health Technology Solution for Delivering Cognitive Behavioral Therapy as a First Line Insomnia Treatment. <i>Sleep</i> , 2009, 32, 1549-1558.	0.6	340
265	Efficacy of an Internet-Based Behavioral Intervention for Adults With Insomnia. <i>Archives of General Psychiatry</i> , 2009, 66, 692.	13.8	399
266	Sleep Disturbances Among Patients With Non-Small Cell Lung Cancer in Taiwan. <i>Cancer Nursing</i> , 2010, 33, E11-E17.	0.7	19
267	Psycho-educational CBT insomnia workshops for the general public: an audit of access and clinical outcomes. <i>Journal of Public Mental Health</i> , 2010, 9, 8-15.	0.8	7
268	Persistent Insomnia in Chronic Hypnotic Users Presenting to a Sleep Medical Center. <i>Journal of Nervous and Mental Disease</i> , 2010, 198, 734-741.	0.5	31
269	Sleep Coach: A home-cared sleep doctor. , 2010, , .		2
271	An Exploratory Study on the Effects of Tele-neurofeedback and Tele-biofeedback on Objective and Subjective Sleep in Patients with Primary Insomnia. <i>Applied Psychophysiology Biofeedback</i> , 2010, 35, 125-134.	1.0	80
272	The effects of Chinese calligraphy handwriting and relaxation training in Chinese Nasopharyngeal Carcinoma patients: A randomized controlled trial. <i>International Journal of Nursing Studies</i> , 2010, 47, 550-559.	2.5	34
273	The development and impact of insomnia on cancer survivors: a qualitative analysis. <i>Psycho-Oncology</i> , 2010, 19, 991-996.	1.0	60

#	ARTICLE	IF	CITATIONS
274	Clinical efficacy of individual cognitive behavior therapy for psychophysiological insomnia in 20 outpatients. <i>Psychiatry and Clinical Neurosciences</i> , 2010, 64, 187-195.	1.0	23
275	Effect of Brief Sleep Hygiene Education for Workers of an Information Technology Company. <i>Industrial Health</i> , 2010, 48, 758-765.	0.4	43
276	Cognitive Behavior Therapy for Night Eating Syndrome: A Pilot Study. <i>American Journal of Psychotherapy</i> , 2010, 64, 91-106.	0.4	50
277	Management of insomnia: update and new approaches. <i>Nature and Science of Sleep</i> , 2010, 2, 127.	1.4	18
278	Tackling sleeplessness: Psychological treatment options for insomnia. <i>Nature and Science of Sleep</i> , 0, , 23.	1.4	5
279	JuSt – a multimodal program for treatment of insomnia in adolescents: a pilot study. <i>Nature and Science of Sleep</i> , 2011, 3, 13.	1.4	70
280	Insomnia in older people. <i>Reviews in Clinical Gerontology</i> , 2010, 20, 205-218.	0.5	4
281	Walking and night-time restlessness in mild-to-moderate dementia: a randomized controlled trial. <i>Age and Ageing</i> , 2010, 39, 746-749.	0.7	28
282	Exercise as a Treatment to Enhance Sleep. <i>American Journal of Lifestyle Medicine</i> , 2010, 4, 500-514.	0.8	130
283	Chronic insomnia: Recent advances and innovations in treatment developments and dissemination.. <i>Canadian Psychology</i> , 2010, 51, 31-39.	1.4	26
284	Diagnosis and treatment of chronic insomnia. <i>Annals of Indian Academy of Neurology</i> , 2010, 13, 94.	0.2	76
285	Can mental healthcare nurses improve sleep quality for inpatients?. <i>British Journal of Nursing</i> , 2010, 19, 1100-1105.	0.3	16
286	How treatment affects cognitive deficits in patients with sleep disorders: methodological issues and results. <i>Progress in Brain Research</i> , 2010, 185, 69-90.	0.9	5
287	Maladaptive Sleep Hygiene Practices in Good Sleepers and Patients with Insomnia. <i>Journal of Health Psychology</i> , 2010, 15, 147-155.	1.3	92
288	The Evaluation and Management of Insomnia. <i>Clinics in Chest Medicine</i> , 2010, 31, 327-339.	0.8	22
289	A review of the literature on chiropractic and insomnia. <i>Journal of Chiropractic Medicine</i> , 2010, 9, 121-126.	0.3	7
291	Efectividad del tratamiento no farmacolÃ³gico para el insomnio crÃ³nico de pacientes polimedicados. <i>Semergen</i> , 2010, 36, 253-258.	0.2	2
292	Aerobic exercise improves self-reported sleep and quality of life in older adults with insomnia. <i>Sleep Medicine</i> , 2010, 11, 934-940.	0.8	423

#	ARTICLE	IF	CITATIONS
293	Helping children sleep. Archives of Disease in Childhood, 2010, 95, 850-853.	1.0	100
294	Improving cognitive treatments for delusions. Schizophrenia Research, 2011, 132, 135-139.	1.1	63
295	Understanding and Treating Insomnia. Annual Review of Clinical Psychology, 2011, 7, 435-458.	6.3	144
296	Sleep habits in German athletes before important competitions or games. Journal of Sports Sciences, 2011, 29, 859-866.	1.0	158
297	Sleep in dementia and caregiving " assessment and treatment implications: a review. International Psychogeriatrics, 2011, 23, 190-201.	0.6	38
298	Intervenciones no farmacolÃ³gicas en el insomnio primario: la evidencia de los ensayos clÃ­nicos controlados en los Ãºltimos diez aÃ±os (1998-2008). Revista Colombiana De PsiquiatrÃ­a, 2011, 40, 310-335.	0.1	4
299	I-CAN SLEEP: Rationale and design of a non-inferiority RCT of Mindfulness-based Stress Reduction and Cognitive Behavioral Therapy for the treatment of Insomnia in CANcer survivors. Contemporary Clinical Trials, 2011, 32, 747-754.	0.8	22
300	Meta-analytic review of the impact of cognitive-behavior therapy for insomnia on concomitant anxiety. Clinical Psychology Review, 2011, 31, 638-652.	6.0	170
301	Effects of progressive relaxation on anxiety and quality of life in female students: A non-randomized controlled trial. Complementary Therapies in Medicine, 2011, 19, 194-200.	1.3	58
302	Cognitive behavioural treatment of insomnia in individuals with persistent persecutory delusions: A pilot trial. Journal of Behavior Therapy and Experimental Psychiatry, 2011, 42, 330-336.	0.6	132
303	The Delivery of Behavioral Sleep Medicine to College Students. Journal of Adolescent Health, 2011, 48, 553-561.	1.2	57
304	Content comparison of 115 health status measures in sleep medicine using the International Classification of Functioning, Disability and Health (ICF) as a reference. Sleep Medicine Reviews, 2011, 15, 33-40.	3.8	20
305	Melatonin agonists in primary insomnia and depression-associated insomnia: Are they superior to sedative-hypnotics?. Progress in Neuro-Psychopharmacology and Biological Psychiatry, 2011, 35, 913-923.	2.5	50
306	Effects of moderate aerobic exercise training on chronic primary insomnia. Sleep Medicine, 2011, 12, 1018-1027.	0.8	125
307	Night-to-night variability of sleep latency significantly predicts the magnitude of subsequent change in sleep latency during placebo administration. Sleep Medicine, 2011, 12, 565-571.	0.8	4
308	Psychological and Behavioral Treatments for Insomnia II. , 2011, , 884-904.		4
309	Behavioral treatment of insomnia: a proposal for a stepped-care approach to promote public health. Nature and Science of Sleep, 2011, 3, 87.	1.4	30
310	Psychological and Behavioral Treatments for Insomnia I. , 2011, , 866-883.		14

#	ARTICLE	IF	CITATIONS
311	Classification of Sleep Disorders. , 2011, , 680-693.		4
312	Stimulus Control Therapy. , 2011, , 21-30.		22
313	New developments in cognitive behavioral therapy as the first-line treatment of insomnia. Psychology Research and Behavior Management, 2011, 4, 21.	1.3	70
314	Paradoxical Intention Therapy. , 2011, , 61-70.		3
315	Relaxation for Insomnia. , 2011, , 45-54.		7
316	Personalized Pharmacotherapy for Treatment Approaches Focused at Primary Insomnia. American Journal of Therapeutics, 2011, 18, 227-240.	0.5	9
317	Sleep as a public health concern: insomnia and mental health. Journal of Public Mental Health, 2011, 10, 234-237.	0.8	58
318	Moderators and mediators of exercise-induced objective sleep improvements in midlife and older adults with sleep complaints.. Health Psychology, 2011, 30, 579-587.	1.3	56
319	A self-help book is better than sleep hygiene advice for insomnia: A randomized controlled comparative study. Scandinavian Journal of Psychology, 2011, 52, 580-585.	0.8	43
320	Applicability of two brief evidence-based interventions to improve sleep quality in inpatient mental health care. International Journal of Mental Health Nursing, 2011, 20, 319-327.	2.1	16
321	Exercise effects on night-to-night fluctuations in self-rated sleep among older adults with sleep complaints. Journal of Sleep Research, 2011, 20, 28-37.	1.7	47
322	Identification of problems in functioning of people with sleep disorders in a clinical setting using the International Classification of Functioning Disability and Health (ICF) Checklist. Journal of Sleep Research, 2011, 20, 445-453.	1.7	11
323	Modern nondrug methods of human sleep regulation. Human Physiology, 2011, 37, 113-120.	0.1	2
324	Treating Primary Insomnia: Clinical Effectiveness and Predictors of Outcomes on Sleep, Daytime Function and Health-Related Quality of Life. Journal of Clinical Psychology in Medical Settings, 2011, 18, 312-321.	0.8	48
325	Sleep and Inflammation: Psychoneuroimmunology in the Context of Cardiovascular Disease. Annals of Behavioral Medicine, 2011, 42, 141-152.	1.7	121
326	Insomnia and the Risk of Acute Myocardial Infarction. Circulation, 2011, 124, 2073-2081.	1.6	332
327	Does Treating Insomnia With Cognitive-Behavioural Therapy Influence Comorbid Anxiety and Depression? An Exploratory Multiple Baseline Design With Four Patients. Behaviour Change, 2011, 28, 195-205.	0.6	9
328	Testing two types of self-help CBT-I for insomnia in older adults with arthritis or coronary artery disease.. Rehabilitation Psychology, 2011, 56, 257-266.	0.7	25

#	ARTICLE	IF	CITATIONS
329	Time to Disseminate Cognitive Behavioral Treatment of Insomnia. Archives of Internal Medicine, 2011, 171, 895-6.	4.3	12
330	Insomnia. Handbook of Clinical Neurology / Edited By P J Vinken and G W Bruyn, 2011, 99, 723-746.	1.0	19
331	Classification of sleep disorders. Handbook of Clinical Neurology / Edited By P J Vinken and G W Bruyn, 2011, 99, 669-678.	1.0	2
332	Excessive daytime sleepiness. Handbook of Clinical Neurology / Edited By P J Vinken and G W Bruyn, 2011, 99, 825-831.	1.0	5
333	Normal and abnormal sleep in the elderly. Handbook of Clinical Neurology / Edited By P J Vinken and G W Bruyn, 2011, 98, 653-665.	1.0	128
334	Acceptability of Behavioral Treatments for Insomnia. Journal of the American Board of Family Medicine, 2011, 24, 272-280.	0.8	31
335	Improving sleep management in people with Parkinson's. British Journal of Community Nursing, 2012, 17, 14-20.	0.2	16
336	Behavioral interventions for insomnia: Theory and practice. Indian Journal of Psychiatry, 2012, 54, 359.	0.4	47
338	The effects of music relaxation and muscle relaxation techniques on sleep quality and emotional measures among individuals with posttraumatic stress disorder. Mental Illness, 2012, 4, 59-65.	0.8	43
339	Computerised Cognitive Behavioural Therapy for Insomnia: A Systematic Review and Meta-Analysis. Psychotherapy and Psychosomatics, 2012, 81, 206-216.	4.0	217
340	Randomized Controlled Trial on the Effects of a Combined Sleep Hygiene Education and Behavioral Approach Program on Sleep Quality in Workers with Insomnia. Industrial Health, 2012, 50, 52-59.	0.4	26
341	Pain-related Insomnia Versus Primary Insomnia. Clinical Journal of Pain, 2012, 28, 428-436.	0.8	42
343	Integrating online communities and social networks with computerised treatment for insomnia: a qualitative study. British Journal of General Practice, 2012, 62, e840-e850.	0.7	22
345	Chronic insomnia. Lancet, The, 2012, 379, 1129-1141.	6.3	700
346	Cognitive behavioral therapy for shift workers with chronic insomnia. Sleep Medicine, 2012, 13, 1238-1246.	0.8	43
347	Polysomnographic Evaluation of Sleep Disorders. , 2012, , 727-762.		1
348	Cognitive Behavior Therapy for Chronic Insomnia in Occupational Health Services. Journal of Occupational Rehabilitation, 2012, 22, 511-521.	1.2	9
349	Cognitive behavioral therapy for institutionalized elders complaining of sleep disturbance in Alexandria, Egypt. Sleep and Breathing, 2012, 16, 1173-1180.	0.9	14

#	ARTICLE	IF	CITATIONS
350	Non-Pharmacological Treatment of Insomnia. <i>Neurotherapeutics</i> , 2012, 9, 717-727.	2.1	54
351	Classification of Sleep Disorders. <i>Neurotherapeutics</i> , 2012, 9, 687-701.	2.1	288
352	Sleep Disorders in Pregnancy. <i>Neurologic Clinics</i> , 2012, 30, 925-936.	0.8	23
353	Impact of paroxetine on sleep problems in 426 cancer patients receiving chemotherapy: A trial from the University of Rochester Cancer Center Community Clinical Oncology Program. <i>Sleep Medicine</i> , 2012, 13, 1184-1190.	0.8	34
354	Sleepless in South Africa: insomnia is not just a night-time problem. <i>South African Family Practice: Official Journal of the South African Academy of Family Practice/Primary Care</i> , 2012, 54, 277-285.	0.2	0
355	Internet-delivered or mailed self-help treatment for insomnia? A randomized waiting-list controlled trial. <i>Behaviour Research and Therapy</i> , 2012, 50, 22-29.	1.6	112
356	Self-Help Treatment for Insomnia Symptoms Associated with Chronic Conditions in Older Adults: A Randomized Controlled Trial. <i>Journal of the American Geriatrics Society</i> , 2012, 60, 1803-1810.	1.3	38
357	Exercise training improves sleep quality in middle-aged and older adults with sleep problems: a systematic review. <i>Journal of Physiotherapy</i> , 2012, 58, 157-163.	0.7	418
358	Hybrid cognitive-behaviour therapy for individuals with insomnia and chronic pain: A pilot randomised controlled trial. <i>Behaviour Research and Therapy</i> , 2012, 50, 814-821.	1.6	96
360	An investigation of a cognitive refocusing technique to improve sleep.. <i>Psychotherapy</i> , 2012, 49, 251-257.	0.7	8
361	Cognitive Behavioral and Psychological Therapies for Chronic Insomnia. , 2012, , 161-171.		3
362	Effects of Sleep Hygiene Education and Behavioral Therapy on Sleep Quality of White-collar Workers: A Randomized Controlled Trial. <i>Industrial Health</i> , 2012, 50, 123-131.	0.4	48
363	Bright Light Therapy in Parkinson's Disease: An Overview of the Background and Evidence. <i>Parkinson's Disease</i> , 2012, 2012, 1-9.	0.6	38
365	Sleep/Wake Lifestyle Modifications. , 2012, , 151-160.		0
366	Initial evaluation of an Internet intervention to improve the sleep of cancer survivors with insomnia. <i>Psycho-Oncology</i> , 2012, 21, 695-705.	1.0	235
367	Sleep disorders. <i>Handbook of Clinical Neurology</i> / Edited By P J Vinken and G W Bruyn, 2012, 106, 527-540.	1.0	3
368	Integrating Sleep Management into Clinical Practice. <i>Journal of Clinical Psychology in Medical Settings</i> , 2012, 19, 65-76.	0.8	6
369	Evaluation of the PHQ-9 Item 3 as a Screen for Sleep Disturbance in Primary Care. <i>Journal of General Internal Medicine</i> , 2012, 27, 339-344.	1.3	48

#	ARTICLE	IF	CITATIONS
370	The effectiveness of community day-long CBT workshops for participants with insomnia symptoms: a randomised controlled trial. <i>Journal of Sleep Research</i> , 2012, 21, 270-280.	1.7	44
371	Controlled-release melatonin, singly and combined with cognitive behavioural therapy, for persistent insomnia in children with autism spectrum disorders: a randomized placebo-controlled trial. <i>Journal of Sleep Research</i> , 2012, 21, 700-709.	1.7	215
372	Sleep disturbances in adult survivors of childhood brain tumors. <i>Quality of Life Research</i> , 2013, 22, 781-789.	1.5	26
373	Low-frequency rhythmic electrocutaneous hand stimulation during slow-wave night sleep: Physiological and therapeutic effects. <i>Human Physiology</i> , 2013, 39, 642-654.	0.1	8
374	The effect of Benson's relaxation technique on the quality of sleep of Iranian hemodialysis patients: A randomized trial. <i>Complementary Therapies in Medicine</i> , 2013, 21, 577-584.	1.3	50
375	BASILINE DEPRESSION LEVELS DO NOT AFFECT EFFICACY OF COGNITIVE-BEHAVIORAL SELF-HELP TREATMENT FOR INSOMNIA. <i>Depression and Anxiety</i> , 2013, 30, 149-156.	2.0	42
376	Cognitive behavioural therapy with behavioural analysis for pharmacological treatment-resistant chronic insomnia. <i>Psychiatry Research</i> , 2013, 210, 515-521.	1.7	17
377	Motivational support provided via email improves the effectiveness of internet-delivered self-help treatment for insomnia: A randomized trial. <i>Behaviour Research and Therapy</i> , 2013, 51, 797-805.	1.6	92
378	The effects of moderate to vigorous aerobic exercise on the sleep need of sedentary young adults. <i>Journal of Sports Sciences</i> , 2013, 31, 381-386.	1.0	30
379	The effect of sleep, sports and dietary habits on obesity in adolescents. <i>International Journal of Academic Research</i> , 2013, 5, 248-253.	0.1	1
380	Multimodal Therapy Concept and Aerobic Training in Breast Cancer Patients With Chronic Cancer-Related Fatigue. <i>Integrative Cancer Therapies</i> , 2013, 12, 301-311.	0.8	23
381	Feasibility Test of Preference-Based Insomnia Treatment for Iraq and Afghanistan War Veterans. <i>Rehabilitation Nursing</i> , 2013, 38, 120-132.	0.3	11
382	Comparisons of short-term efficacy between individual and group cognitive behavioral therapy for primary insomnia. <i>Sleep and Biological Rhythms</i> , 2013, 11, 176-184.	0.5	27
383	A Randomized Controlled Trial of an Internet Intervention for Adults with Insomnia: Effects on Comorbid Psychological and Fatigue Symptoms. <i>Journal of Clinical Psychology</i> , 2013, 69, 1078-1093.	1.0	86
384	Factors Associated With Sleep Disturbance Among Older Adults in Inpatient Rehabilitation Facilities. <i>Rehabilitation Nursing</i> , 2013, 38, 221-230.	0.3	7
385	Enhancing Adherence to Cognitive Behavioral Therapy for Insomnia through Machine and Social Persuasion. , 2013, , .		4
386	Cognitive Behavioral Therapy for Insomnia in Older Adults: Background, Evidence, and Overview of Treatment Protocol. <i>Clinical Gerontologist</i> , 2013, 36, 70-93.	1.2	38
388	A Randomized Controlled Trial of Problem-Solving Therapy Compared to Cognitive Therapy for the Treatment of Insomnia in Adults. <i>Sleep</i> , 2013, 36, 739-749.	0.6	19

#	ARTICLE	IF	CITATIONS
389	Effect of Evening Postexercise Cold Water Immersion on Subsequent Sleep. <i>Medicine and Science in Sports and Exercise</i> , 2013, 45, 1394-1402.	0.2	36
390	Environmental and behavioral interventions. , 0, , 604-626.		0
391	Current Clinical Practice of Insomnia. <i>The Ewha Medical Journal</i> , 2013, 36, 84.	0.1	6
392	Complementary and alternative therapies for treatment of insomnia in women in postmenopause. <i>Climacteric</i> , 2014, 17, 645-653.	1.1	12
393	Promoting Healthy Sleep Practices. , 2014, , 63-66.		1
394	Improving Sleep-Wake Disturbances in Patients With Cancer. <i>Clinical Journal of Oncology Nursing</i> , 2014, 18, 509-511.	0.3	2
395	Sleep Hygiene Behaviors Among Midlife Women with Insomnia or Sleep-Disordered Breathing: The SWAN Sleep Study. <i>Journal of Women's Health</i> , 2014, 23, 894-903.	1.5	30
396	The Effect of Relaxation Exercises on Quality of Sleep Among the Elderly. <i>Holistic Nursing Practice</i> , 2014, 28, 265-274.	0.3	14
397	An Evidence-Based Review of Insomnia Treatment in Early Recovery. <i>Journal of Addiction Medicine</i> , 2014, 8, 389-394.	1.4	12
398	Menopause and sleep. <i>Menopause</i> , 2014, 21, 534-535.	0.8	9
399	Cancer and insomnia. <i>Turk Onkoloji Dergisi</i> , 2014, 29, 112-119.	0.0	3
400	Effect of Exercise and Cognitive Activity on Self-Reported Sleep Quality in Community-Dwelling Older Adults with Cognitive Complaints: A Randomized Controlled Trial. <i>Journal of the American Geriatrics Society</i> , 2014, 62, 2319-2326.	1.3	25
401	The evidence base of sleep restriction therapy for treating insomnia disorder. <i>Sleep Medicine Reviews</i> , 2014, 18, 415-424.	3.8	153
402	Does nighttime exercise really disturb sleep? Results from the 2013 National Sleep Foundation Sleep in America Poll. <i>Sleep Medicine</i> , 2014, 15, 755-761.	0.8	128
403	Rest/activity rhythm is related to the coexistence of pain and sleep disturbance among advanced cancer patients with pain. <i>Supportive Care in Cancer</i> , 2014, 22, 87-94.	1.0	25
404	Fighting Insomnia and Battling Lethargy: The Yin and Yang of Palliative Care. <i>Current Oncology Reports</i> , 2014, 16, 377.	1.8	14
405	Sleep quantity and quality in <i>elite</i> youth soccer players: A pilot study. <i>European Journal of Sport Science</i> , 2014, 14, 410-417.	1.4	61
406	High self-perceived exercise exertion before bedtime is associated with greater objectively assessed sleep efficiency. <i>Sleep Medicine</i> , 2014, 15, 1031-1036.	0.8	62

#	ARTICLE	IF	CITATIONS
407	Weekly brief phone support in self-help cognitive behavioral therapy for insomnia disorder: Relevance to adherence and efficacy. <i>Behaviour Research and Therapy</i> , 2014, 63, 147-156.	1.6	76
408	Cognitive-Behavioral Therapy for Chronic Insomnia. <i>Current Treatment Options in Neurology</i> , 2014, 16, 321.	0.7	15
409	Efficacy of Internet and Group-Administered Cognitive Behavioral Therapy for Insomnia in Adolescents: A Pilot Study. <i>Behavioral Sleep Medicine</i> , 2014, 12, 235-254.	1.1	83
410	Handbook of Insomnia. , 2014, , .		4
411	Application of Cognitive Behavioral Therapy for Insomnia in the Pediatric Population. <i>Sleep Medicine Clinics</i> , 2014, 9, 169-180.	1.2	4
412	Insomnia Symptoms and Risk for Unintentional Fatal Injuriesâ€”The HUNT Study. <i>Sleep</i> , 2014, 37, 1777-1786.	0.6	75
413	Insomnia: psychological and neurobiological aspects and non-pharmacological treatments. <i>Arquivos De Neuro-Psiquiatria</i> , 2014, 72, 63-71.	0.3	16
414	Sleep Restriction Therapy for Insomnia is Associated with Reduced Objective Total Sleep Time, Increased Daytime Somnolence, and Objectively Impaired Vigilance: Implications for the Clinical Management of Insomnia Disorder. <i>Sleep</i> , 2014, 37, 229-237.	0.6	159
415	Cognitive Behavioral Therapy for Insomnia in Posttraumatic Stress Disorder: A Randomized Controlled Trial. <i>Sleep</i> , 2014, 37, 327-341.	0.6	224
416	The effect of bright light therapy on sleep and circadian rhythms in renal transplant recipients: a pilot randomized, multicentre wait-list controlled trial. <i>Transplant International</i> , 2015, 28, 59-70.	0.8	29
418	Relationship between Postural Reeducation Technique During Sleep and Relaxation Technique in Sleep Quality. <i>Procedia Manufacturing</i> , 2015, 3, 6093-6100.	1.9	7
419	Tactics to Optimize the Potential and CardioBioFeedback in Stress Management: The French Experience. <i>Medical Acupuncture</i> , 2015, 27, 367-375.	0.3	9
420	The Burden of Caregiving and Sleep Disturbance Among Family Caregivers of Advanced Cancer Patients. <i>Cancer Nursing</i> , 2015, 38, E10-E18.	0.7	30
421	Recent changes in the concept of treatment of insomnia. <i>Journal of the Korean Medical Association</i> , 2015, 58, 321.	0.1	3
422	Improving sleep after open heart surgeryâ€”Effectiveness of nursing interventions. <i>Journal of Nursing Education and Practice</i> , 2015, 6, .	0.1	5
423	The effects of an anxiety sensitivity intervention on insomnia symptoms. <i>Sleep Medicine</i> , 2015, 16, 152-159.	0.8	35
424	The Relationship Between Beliefs About Sleep and Adherence to Behavioral Treatment Combined With Meditation for Insomnia. <i>Behavioral Sleep Medicine</i> , 2015, 13, 52-63.	1.1	15
425	Prevalence, associated factors and management of insomnia in prison populations: An integrative review. <i>Sleep Medicine Reviews</i> , 2015, 24, 13-27.	3.8	35

#	ARTICLE	IF	CITATIONS
426	Coffee-Related Insomnia. , 2015, , 457-464.		0
427	Sleep Disturbances in Patients With Major Depressive Disorder: Incongruence Between Sleep Log and Actigraphy. Archives of Psychiatric Nursing, 2015, 29, 39-42.	0.7	18
428	The effects of physical activity on sleep: a meta-analytic review. Journal of Behavioral Medicine, 2015, 38, 427-449.	1.1	770
429	Differential effects of online insomnia treatment on executive functions in adolescents. Sleep Medicine, 2015, 16, 510-520.	0.8	35
430	Physical Activity, Sleep, and Biobehavioral Synergies for Health. , 2015, , 321-337.		3
431	Sleep patterns and sleep disturbances across pregnancy. Sleep Medicine, 2015, 16, 483-488.	0.8	364
432	Fatigue-Inducing Factors in Transportation Operators. Reviews of Human Factors and Ergonomics, 2015, 10, 138-173.	0.5	13
433	National evaluation of the effectiveness of cognitive behavioral therapy for insomnia among older <i>></i> versus</i>younger veterans. International Journal of Geriatric Psychiatry, 2015, 30, 308-315.	1.3	35
434	Towards standardisation and improved understanding of sleep restriction therapy for insomnia disorder: A systematic examination ofÂCBT-I trial content. Sleep Medicine Reviews, 2015, 23, 83-88.	3.8	64
435	Self-Monitoring vs. Implementation Intentions: a Comparison of Behaviour Change Techniques to Improve Sleep Hygiene and Sleep Outcomes in Students. International Journal of Behavioral Medicine, 2015, 22, 635-644.	0.8	47
436	Non-pharmacological interventions for improving sleep quality in patients on dialysis: systematic review and meta-analysis. Sleep Medicine Reviews, 2015, 23, 68-82.	3.8	35
437	Sleep hygiene and its association with daytime sleepiness, depressive symptoms, and quality of life in patients with mild obstructive sleep apnea. Journal of the Neurological Sciences, 2015, 359, 445-449.	0.3	20
438	Updated clinical evidence of Chinese herbal medicine for insomnia: a systematic review and meta-analysis of randomized controlled trials. Sleep Medicine, 2015, 16, 1462-1481.	0.8	70
439	Sleep-Related Safety Behaviors and Dysfunctional Beliefs Mediate the Efficacy of Online CBT for Insomnia: A Randomized Controlled Trial. Cognitive Behaviour Therapy, 2015, 44, 406-422.	1.9	72
440	Taichi exercise for self-rated sleep quality in older people: A systematic review and meta-analysis. International Journal of Nursing Studies, 2015, 52, 368-379.	2.5	91
442	The Development of Sleep Medicine: A Historical Sketch. Journal of Clinical Sleep Medicine, 2016, 12, 1041-1052.	1.4	20
444	Bedtime Procrastination: AÂBehavioral Perspective on Sleep Insufficiency. , 2016, , 93-119.		26
446	Insomnie chronique et biofeedback par cohÂcence cardiaque. MÂdecine Du Sommeil, 2016, 13, 157-165.	0.3	2

#	ARTICLE	IF	CITATIONS
448	Group cognitive behavioural treatment for insomnia in primary care: a randomized controlled trial. <i>Psychological Medicine</i> , 2016, 46, 1015-1025.	2.7	26
449	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
450	Assessment of Sleep Quality and Effects of Relaxation Exercise on Sleep Quality in Patients Hospitalized in Internal Medicine Services in a University Hospital. <i>Holistic Nursing Practice</i> , 2016, 30, 155-165.	0.3	13
452	Factors associated with self-reported need for treatment of sleeping difficulties: a survey of the general Swedish population. <i>Sleep Medicine</i> , 2016, 22, 65-74.	0.8	21
453	Predictors of sleep disturbance in menopausal transition. <i>Maturitas</i> , 2016, 94, 137-142.	1.0	31
455	Behavioral Treatments for Pediatric Insomnia. <i>Current Sleep Medicine Reports</i> , 2016, 2, 127-135.	0.7	13
456	Efficacy of sleep education program based on principles of cognitive behavioral therapy to alleviate workers'™ distress. <i>Sleep and Biological Rhythms</i> , 2016, 14, 211-219.	0.5	10
457	The Effects of Transdiagnostic Group CBT for Anxiety on Insomnia Symptoms. <i>Cognitive Behaviour Therapy</i> , 2016, 45, 163-175.	1.9	9
458	Psychological recovery: Progressive muscle relaxation (PMR), anxiety, and sleep in dancers. <i>Performance Enhancement and Health</i> , 2016, 4, 12-17.	0.8	10
459	Examining the Relationship Between Worry and Sleep: A Daily Process Approach. <i>Behavior Therapy</i> , 2016, 47, 460-473.	1.3	34
460	Cognitive Behavioral Therapy as an Adjunct Treatment to Light Therapy for Delayed Sleep Phase Disorder in Young Adults: A Randomized Controlled Feasibility Study. <i>Behavioral Sleep Medicine</i> , 2016, 14, 212-232.	1.1	34
461	Practical Guideline for Fatigue Management in Inflammatory Bowel Disease. <i>Journal of Crohn's and Colitis</i> , 2016, 10, 105-111.	0.6	28
462	When Thinking Impairs Sleep: Trait, Daytime and Nighttime Repetitive Thinking in Insomnia. <i>Behavioral Sleep Medicine</i> , 2017, 15, 53-69.	1.1	44
463	Cognitive behavioral therapy for insomnia in stable heart failure: Protocol for a randomized controlled trial. <i>Contemporary Clinical Trials</i> , 2017, 55, 16-23.	0.8	29
464	Associations of domain-specific physical activities with insomnia symptoms among 0.5 million Chinese adults. <i>Journal of Sleep Research</i> , 2017, 26, 330-337.	1.7	18
465	Improving insomnia in primary care patients: A randomized controlled trial of nurse-led group treatment. <i>International Journal of Nursing Studies</i> , 2017, 72, 30-41.	2.5	34
466	Effect of a Web-Based Cognitive Behavior Therapy for Insomnia Intervention With 1-Year Follow-up. <i>JAMA Psychiatry</i> , 2017, 74, 68.	6.0	242
467	Associations between sleep disturbances, personality, and trait emotional intelligence. <i>Personality and Individual Differences</i> , 2017, 107, 195-200.	1.6	30

#	ARTICLE	IF	CITATIONS
468	Internet and In-Person Cognitive Behavioral Therapy for Insomnia in Military Personnel: A Randomized Clinical Trial. <i>Sleep</i> , 2017, 40, .	0.6	64
470	Sleep Disorders in the Elderly. , 2017, , 1115-1138.		2
471	A Sleep Hygiene and Relaxation Intervention for Children With Acute Lymphoblastic Leukemia. <i>Cancer Nursing</i> , 2017, 40, 488-496.	0.7	34
472	Prescription hypnotics in the news: A study of UK audiences. <i>Social Science and Medicine</i> , 2017, 174, 43-52.	1.8	5
473	Exploration of changes in the brain response to sleep-related pictures after cognitiveâ€behavioral therapy for psychophysiological insomnia. <i>Scientific Reports</i> , 2017, 7, 12528.	1.6	26
474	Nature, Evaluation, and Treatment of Insomnia. , 2017, , 673-696.		0
475	Effects of acute physical exercise in the light phase of sleep in rats with temporal lobe epilepsy. <i>Epilepsy Research</i> , 2017, 136, 54-61.	0.8	3
476	Insomnia identity. <i>Behaviour Research and Therapy</i> , 2017, 97, 230-241.	1.6	44
477	Insomnia symptoms as a cause of type 2 diabetes Incidence: a 20-year cohort study. <i>BMC Psychiatry</i> , 2017, 17, 94.	1.1	27
478	Task switching in older adults with and without insomnia. <i>Sleep Medicine</i> , 2017, 30, 113-120.	0.8	18
479	Cognitive Behavioral Therapy for Insomnia. , 2017, , 75-96.		3
480	Sleep Health: Reciprocal Regulation of Sleep and Innate Immunity. <i>Neuropsychopharmacology</i> , 2017, 42, 129-155.	2.8	344
481	Helping employees sleep well: Effects of cognitive behavioral therapy for insomnia on work outcomes.. <i>Journal of Applied Psychology</i> , 2017, 102, 104-113.	4.2	86
482	Group cognitive–behavioral therapy in insomnia: a cross-sectional case-controlled study. <i>Neuropsychiatric Disease and Treatment</i> , 2017, Volume 13, 2841-2848.	1.0	3
483	Etiology and Pathophysiology of Insomnia. , 2017, , 769-784.e4.		21
484	Cognitive Behavior Therapies for Insomnia I. , 2017, , 804-813.e5.		13
485	Psychological and Behavioral Treatments for Insomnia II. , 2017, , 814-831.e7.		4
487	Tai Chi Chih Compared With Cognitive Behavioral Therapy for the Treatment of Insomnia in Survivors of Breast Cancer: A Randomized, Partially Blinded, Noninferiority Trial. <i>Journal of Clinical Oncology</i> , 2017, 35, 2656-2665.	0.8	139

#	ARTICLE	IF	CITATIONS
488	Increasing access to and utilization of cognitive behavioral therapy for insomnia (CBT-I): a narrative review. <i>Journal of General Internal Medicine</i> , 2018, 33, 955-962.	1.3	190
489	Sleep Disturbances in Chronic Pain: Neurobiology, Assessment, and Treatment in Physical Therapist Practice. <i>Physical Therapy</i> , 2018, 98, 325-335.	1.1	109
490	Efficacy of cognitive behavioral therapy for comorbid insomnia: a meta-analysis. <i>Sleep and Biological Rhythms</i> , 2018, 16, 21-35.	0.5	18
491	A Behavioral-Educational Intervention to Promote Pediatric Sleep During Hospitalization: A Pilot Randomized Controlled Trial. <i>Behavioral Sleep Medicine</i> , 2018, 16, 356-370.	1.1	13
493	Cognitive behavioural therapy in pain and psychological disorders: Towards a hybrid future. <i>Progress in Neuro-Psychopharmacology and Biological Psychiatry</i> , 2018, 87, 281-289.	2.5	48
494	FORECAST "A cloud-based personalized intelligent virtual coaching platform for the well-being of cancer patients. <i>Clinical and Translational Radiation Oncology</i> , 2018, 8, 50-59.	0.9	14
495	Verification of effect of sleep health education program in workplace: a quasi-randomized controlled trial. <i>Industrial Health</i> , 2018, 56, 20-29.	0.4	13
496	Brain response to sleep-related attentional bias after cognitive-behavioral therapy in individuals with insomnia symptoms. <i>Journal of Thoracic Disease</i> , 2018, 10, 1269-1271.	0.6	0
497	Cognitive and Behavioral Interventions to Improve Sleep in School-Age Children and Adolescents: A Systematic Review and Meta-Analysis. <i>Journal of Clinical Sleep Medicine</i> , 2018, 14, 1937-1947.	1.4	53
499	COMISA (Comorbid Insomnia and Sleep Apnea): a Practical Approach. <i>Current Sleep Medicine Reports</i> , 2018, 4, 255-267.	0.7	3
500	Adolescent Depression: Identification and Treatment. <i>Current Treatment Options in Pediatrics</i> , 2018, 4, 350-362.	0.2	2
501	Occupational Therapy Practice in Sleep Management: A Review of Conceptual Models and Research Evidence. <i>Occupational Therapy International</i> , 2018, 2018, 1-12.	0.3	38
502	The Independent Associations of Physical Activity and Sleep with Cognitive Function in Older Adults. <i>Journal of Alzheimer's Disease</i> , 2018, 63, 1469-1484.	1.2	30
503	Effect of insomnia treatments on depression: A systematic review and meta-analysis. <i>Depression and Anxiety</i> , 2018, 35, 717-731.	2.0	142
504	Recent Advancements in Treating Sleep Disorders in Co-Occurring PTSD. <i>Current Psychiatry Reports</i> , 2018, 20, 48.	2.1	80
505	Effect of Brief Mindfulness Induction on University Athletes' Sleep Quality Following Night Training. <i>Frontiers in Psychology</i> , 2018, 9, 508.	1.1	20
506	Neurofeedback and the Neural Representation of Self: Lessons From Awake State and Sleep. <i>Frontiers in Human Neuroscience</i> , 2018, 12, 142.	1.0	19
507	Prevalence and Associated Factors of Insomnia in College Students with Irritable Bowel Syndrome. <i>Korean Journal of Adult Nursing</i> , 2018, 30, 235.	0.2	2

#	ARTICLE	IF	CITATIONS
509	No Need to Count Sheep: Investigating an Online Insomnia Intervention among Older Adults. <i>American Journal of Geriatric Psychiatry</i> , 2018, 26, S156.	0.6	1
510	Walk to a better night of sleep: testing the relationship between physical activity and sleep. <i>Sleep Health</i> , 2019, 5, 487-494.	1.3	59
511	Sleep and Health Among Collegiate Student Athletes. <i>Chest</i> , 2019, 156, 1234-1245.	0.4	29
512	Aerobic exercise modulates cytokine profile and sleep quality in elderly. <i>African Health Sciences</i> , 2019, 19, 2198.	0.3	40
513	Use of medicines that may precipitate delirium prior to hospitalisation in older Australians with delirium: An observational study. <i>Australasian Journal on Ageing</i> , 2019, 38, 124-131.	0.4	8
514	<i>Sleep Medicine</i> , 2019, , 2241-2265.		0
515	Computer-based self-help therapy: A qualitative analysis of attrition. <i>Health Informatics Journal</i> , 2019, 25, 41-50.	1.1	16
516	Insomnia and Information and Communication Technologies (ICT) in Elderly People: A Systematic Review. <i>Medical Sciences (Basel, Switzerland)</i> , 2019, 7, 70.	1.3	7
517	Sleep, Physical Activity, and Cognitive Health in Older Adults. <i>Handbook of Behavioral Neuroscience</i> , 2019, 30, 665-676.	0.7	6
518	Comparing the Effects of Single and Multiple Component Therapies for Insomnia on Sleep Outcomes. <i>Worldviews on Evidence-Based Nursing</i> , 2019, 16, 195-203.	1.2	15
519	Partner-assisted cognitive behavioural therapy for insomnia versus cognitive behavioural therapy for insomnia: a randomised controlled trial. <i>Trials</i> , 2019, 20, 262.	0.7	32
520	Therapeutic efficacy and safety of chamomile for state anxiety, generalized anxiety disorder, insomnia, and sleep quality: A systematic review and meta-analysis of randomized trials and quasi-randomized trials. <i>Phytotherapy Research</i> , 2019, 33, 1604-1615.	2.8	39
521	Sleep hygiene and the prevention of chronic insomnia. , 2019, , 137-145.		5
522	Working Time Society consensus statements: A multi-level approach to managing occupational sleep-related fatigue. <i>Industrial Health</i> , 2019, 57, 228-244.	0.4	42
523	Hearts and Minds: Stress, Anxiety, and Depression. <i>Cardiology in Review</i> , 2019, 27, 202-207.	0.6	47
524	Medicinal Plants Combating Against Insomnia. <i>Journal of Nervous and Mental Disease</i> , 2019, 207, 927-935.	0.5	6
525	Insomnia and mortality: A meta-analysis. <i>Sleep Medicine Reviews</i> , 2019, 43, 71-83.	3.8	72
526	Healthy behaviors competing for time: associations of sleep and exercise in working Americans. <i>Sleep Health</i> , 2019, 5, 23-30.	1.3	9

#	ARTICLE	IF	CITATIONS
527	Effects of resistance exercise training and stretching on chronic insomnia. <i>Revista Brasileira De Psiquiatria</i> , 2019, 41, 51-57.	0.9	36
528	Cognitive behavioral treatments for insomnia and pain in adults with comorbid chronic insomnia and fibromyalgia: clinical outcomes from the SPIN randomized controlled trial. <i>Sleep</i> , 2019, 42, .	0.6	79
529	Examining Insomnia and PTSD Over Time in Veterans in Residential Treatment for Substance Use Disorders and PTSD. <i>Behavioral Sleep Medicine</i> , 2019, 17, 524-535.	1.1	24
530	Substance use, sleep and intervention design: insights from qualitative data. <i>Journal of Mental Health</i> , 2019, 28, 482-489.	1.0	8
531	The relationship between Pittsburgh Sleep Quality Index subscales and diabetes control. <i>Chronic Illness</i> , 2019, 15, 210-219.	0.6	20
532	The Short-Term Efficacy of an Unguided Internet-Based Cognitive-Behavioral Therapy for Insomnia: A Randomized Controlled Trial With a Six-Month Nonrandomized Follow-Up. <i>Behavioral Sleep Medicine</i> , 2019, 17, 137-155.	1.1	42
533	Effectiveness of Group Cognitive Behavioral Therapy for Insomnia (CBT-I) in a Primary Care Setting. <i>Behavioral Sleep Medicine</i> , 2019, 17, 191-201.	1.1	19
534	Understanding the role of sleep and its disturbances in Autism spectrum disorder. <i>International Journal of Neuroscience</i> , 2020, 130, 1033-1046.	0.8	13
535	Cognitive behavioural therapy interventions for insomnia among shift workers: RCT in an occupational health setting. <i>International Archives of Occupational and Environmental Health</i> , 2020, 93, 535-550.	1.1	20
536	Benefits of adding stretching to a moderate-intensity aerobic exercise programme in women with fibromyalgia: a randomized controlled trial. <i>Clinical Rehabilitation</i> , 2020, 34, 242-251.	1.0	11
537	Long-term use of hypnotics: Analysis of trends and risk factors. <i>General Hospital Psychiatry</i> , 2020, 62, 49-55.	1.2	20
538	<p>Healthy Sleepers Can Worsen Their Sleep by Wanting to Do so: The Effects of Intention on Objective and Subjective Sleep Parameters</p>. <i>Nature and Science of Sleep</i> , 2020, Volume 12, 981-997.	1.4	5
539	Optimizing Sleep in Older Adults: Where Does High-Intensity Interval Training Fit?. <i>Frontiers in Psychology</i> , 2020, 11, 576316.	1.1	11
540	Effects of exercise training on sleep quality and heart rate variability in middle-aged and older adults with poor sleep quality: a randomized controlled trial. <i>Journal of Clinical Sleep Medicine</i> , 2020, 16, 1483-1492.	1.4	26
541	Cognitive-behavioral therapy for insomnia in adolescents with comorbid psychiatric disorders: A clinical pilot study. <i>Clinical Child Psychology and Psychiatry</i> , 2020, 25, 958-971.	0.8	17
542	Analysis and management of sleep data. , 2020, , 207-240.		1
543	Does cognitive-behavioural therapy improve sleep outcomes in individuals with traumatic brain injury: a scoping review. <i>Brain Injury</i> , 2020, 34, 1569-1578.	0.6	11
544	Protocol for the impact of CBT for insomnia on pain symptoms and central sensitisation in fibromyalgia: a randomised controlled trial. <i>BMJ Open</i> , 2020, 10, e033760.	0.8	4

#	ARTICLE	IF	CITATIONS
545	The effect of regular aerobic exercise on sleep quality and fatigue among female student dormitory residents. <i>BMC Sports Science, Medicine and Rehabilitation</i> , 2020, 12, 44.	0.7	27
546	Profile of Somryst Prescription Digital Therapeutic for Chronic Insomnia: Overview of Safety and Efficacy. <i>Expert Review of Medical Devices</i> , 2020, 17, 1239-1248.	1.4	29
547	Individual Stress Prevention through Qigong. <i>International Journal of Environmental Research and Public Health</i> , 2020, 17, 7342.	1.2	9
548	The efficacy of cognitive and behavior therapies for insomnia on daytime symptoms: A systematic review and network meta-analysis. <i>Clinical Psychology Review</i> , 2020, 80, 101873.	6.0	62
549	Prevalence rates and correlates of insomnia disorder in post-9/11 veterans enrolling in VA healthcare. <i>Sleep</i> , 2020, 43, .	0.6	41
550	Internet-delivered insomnia intervention improves sleep and quality of life for adolescent and young adult cancer survivors. <i>Pediatric Blood and Cancer</i> , 2020, 67, e28506.	0.8	35
551	Different patterns of treatment response to Cognitive-Behavioural Therapy for Insomnia (CBT-I) in psychosis. <i>Schizophrenia Research</i> , 2020, 221, 57-62.	1.1	25
552	Effects of a Tailored Brief Behavioral Therapy Application on Insomnia Severity and Social Disabilities Among Workers With Insomnia in Japan. <i>JAMA Network Open</i> , 2020, 3, e202775.	2.8	25
553	Managing Insomnia Using Lucid Dreaming Training: A Pilot Study. <i>Behavioral Sleep Medicine</i> , 2021, 19, 273-283.	1.1	7
554	Brief Cognitive Behavioral Therapy for Insomnia in Parkinson's Disease: A Case Series Study ¹ . <i>Japanese Psychological Research</i> , 2021, 63, 59-71.	0.4	4
555	Effects of N ⁶ -(4-hydroxybenzyl) adenine riboside in stress-induced insomnia in rodents. <i>Journal of Sleep Research</i> , 2021, 30, e13156.	1.7	7
556	The Relationship Between Coping Strategies and Sleep Problems: The Role of Depressive Symptoms. <i>Annals of Behavioral Medicine</i> , 2021, 55, 253-265.	1.7	5
557	Psychological interventions to improve sleep in college students: A meta-analysis of randomized controlled trials. <i>Journal of Sleep Research</i> , 2021, 30, e13097.	1.7	20
558	Cognitive therapy for insomnia. , 2023, , 167-173.		0
559	Psychotherapy for Perinatal Mood and Anxiety Disorders. , 2021, , 231-244.		2
560	Non-benzodiazepine hypnotic use for sleep disturbance in people aged over 55 years living with dementia: a series of cohort studies. <i>Health Technology Assessment</i> , 2021, 25, 1-202.	1.3	7
561	Non-pharmacological Approaches for Management of Insomnia. <i>Neurotherapeutics</i> , 2021, 18, 32-43.	2.1	18
562	Cognitive-behavioural therapy for a variety of conditions: an overview of systematic reviews and panoramic meta-analysis. <i>Health Technology Assessment</i> , 2021, 25, 1-378.	1.3	22

#	ARTICLE	IF	CITATIONS
563	Multi-stakeholder perspectives on managing insomnia in cancer survivors: recommendations to reduce barriers and translate patient-centered research into practice. <i>Journal of Cancer Survivorship</i> , 2021, 15, 951-960.	1.5	9
564	Efficacy of Triprolidine in the Treatment of Temporary Sleep Disturbance. <i>Journal of Clinical Pharmacology</i> , 2021, 61, 1156-1164.	1.0	0
565	Insomnio en el paciente de edad avanzada: ¿cuándo y cómo tratar?. <i>FMC Formacion Medica Continuada En Atencion Primaria</i> , 2021, 28, 300-309.	0.0	1
566	Development of a hybrid sleep and physical activity improvement intervention for adults with osteoarthritis-related pain and sleep disturbance: a focus group study with potential users. <i>British Journal of Pain</i> , 2022, 16, 204946372110260.	0.7	2
567	Mental Health and Well-Being of Solid Organ Transplant Donors. <i>The Forgotten Sacrifices. Transplantation</i> , 2021, 2, 274-287.	0.3	1
568	Advanced Cognitive Behavioral Therapy for Insomnia (CBT-I) Based on Acceptance and Commitment Therapy Compared With CBT-I: A Pilot Study. <i>Journal of Sleep Medicine</i> , 2021, 18, 78-87.	0.4	1
569	Psychological complications of COVID-19 following hospitalization and ICU discharge: Recommendations for treatment.. <i>Professional Psychology: Research and Practice</i> , 2021, 52, 318-327.	0.6	3
570	Paradoxical intention for insomnia: A systematic review and meta-analysis. <i>Journal of Sleep Research</i> , 2022, 31, e13464.	1.7	6
571	Pre-sleep social media use does not strongly disturb sleep: a sleep laboratory study in healthy young participants. <i>Sleep Medicine</i> , 2021, 87, 191-202.	0.8	14
572	Multitargeting the sleep-pain interaction with pharmacological approaches: A narrative review with suggestions on new avenues of investigation. <i>Sleep Medicine Reviews</i> , 2021, 59, 101459.	3.8	9
573	The effects of evening high-intensity exercise on sleep in healthy adults: A systematic review and meta-analysis. <i>Sleep Medicine Reviews</i> , 2021, 60, 101535.	3.8	23
575	Sleep disturbances in anxiety disorders. , 2006, , 81-100.		2
576	Sleep Aids. , 2013, , 89-97.		1
577	Sleep and HIV Disease. , 2015, , 167-179.		2
578	19 Slaap- en waakstoornissen. , 2006, , 409-430.		2
579	Sleep Environmental Control: From Sleep Coach to Sleeper-Centered Bedroom. <i>Intelligent Systems, Control and Automation: Science and Engineering</i> , 2012, , 185-200.	0.3	1
580	Classification of Sleep Disorders. , 2005, , 615-625.		8
581	Psychological and Behavioral Treatments for Primary Insomnia. , 2005, , 726-737.		22

#	ARTICLE	IF	CITATIONS
582	Pediatric Insomnia and Behavioral Interventions. , 2012, , 448-456.		1
583	Predicting clinically significant response to cognitive behavior therapy for chronic insomnia in general medical practice: analysis of outcome data at 12 months posttreatment. Journal of Consulting and Clinical Psychology, 2001, 69, 58-66.	1.6	50
584	Behavioral treatment of insomnia in primary care settings.. , 2005, , 121-151.		5
585	Treating insomnia in patients with comorbid psychiatric disorders: A focused review.. Canadian Psychology, 2018, 59, 176-186.	1.4	8
586	Delivering evidence-based practices via telepsychology: Illustrative case series from military treatment facilities.. Professional Psychology: Research and Practice, 2020, 51, 205-213.	0.6	9
588	Diagnosis and Treatment of Sleep Disorders in Older Adults. Focus (American Psychiatric Publishing), 2009, 7, 98-105.	0.4	7
589	Insomnia: recent developments in definition and treatment. Primary Care and Community Psychiatry, 2006, 11, 81-92.	0.4	2
590	Pharmacologic Treatments of Insomnia. Su'myeon, 2006, 3, 45-51.	0.2	4
591	Reducing Dysfunctional Beliefs about Sleep Does Not Significantly Improve Insomnia in Cognitive Behavioral Therapy. PLoS ONE, 2014, 9, e102565.	1.1	27
592	The Effects of Physical Activity on Sleep among Adolescents and Adults: A Narrative Review. Journal of Sleep and Sleep Disorder Research, 0, , 42-59.	1.0	2
594	New guidelines for diagnosis and treatment of insomnia. Arquivos De Neuro-Psiquiatria, 2010, 68, 666-675.	0.3	37
596	Insomnia in the context of traumatic brain injury. Journal of Rehabilitation Research and Development, 2009, 46, 827.	1.6	84
597	Improving sleep: Initial headache treatment in OIF/OEF veterans with blast-induced mild traumatic brain injury. Journal of Rehabilitation Research and Development, 2009, 46, 1071.	1.6	100
598	Treatment of sleep disturbances in posttraumatic stress disorder: A review. Journal of Rehabilitation Research and Development, 2012, 49, 729.	1.6	209
600	Trastornos del sueño relacionados con el climaterio femenino y su tratamiento. Revista Colombiana De Obstetricia Y Ginecologia, 2008, 59, 131-139.	0.2	4
601	Sleep apnea and risk of traumatic brain injury and associated mortality and healthcare costs: a population-based cohort study. Annals of Translational Medicine, 2019, 7, 644-644.	0.7	4
602	Sleep and Circadian Profiles of Bipolar Disorder: From Chronobiology to Novel Therapeutic Strategies. Current Psychiatry Reviews, 2014, 10, 235-247.	0.9	1
603	Mobile Phone-Delivered Cognitive Behavioral Therapy for Insomnia: A Randomized Waitlist Controlled Trial. Journal of Medical Internet Research, 2017, 19, e70.	2.1	110

#	ARTICLE	IF	CITATIONS
604	Tamper-Resistant Mobile Health Using Blockchain Technology. JMIR MHealth and UHealth, 2017, 5, e111.	1.8	211
605	SLEEP EDUCATION IN COLLEGE: A PRELIMINARY STUDY. Perceptual and Motor Skills, 2004, 99, 837.	0.6	11
606	Sleep coaching: non-pharmacological treatment of non-restorative sleep in Austrian railway shift workers. Arhiv Za Higijenu Rada I Toksikologiju, 2019, 70, 186-193.	0.4	6
607	Part III: Insomnia and Circadian Dysrhythmias. , 2007, , 57-70.		3
608	Behavioral Treatment of Insomnia. , 2008, , 71-90.		1
609	Stimulus Control Therapy. Medical Psychiatry, 2010, , 268-276.	0.2	7
610	Other Nonpharmacological Treatments of Insomnia. Medical Psychiatry, 2010, , 290-298.	0.2	1
611	Cognitive Therapy for Insomnia. Medical Psychiatry, 2010, , 299-309.	0.2	4
612	Diagnosis and treatment of sleep disorders: a brief review for clinicians. Dialogues in Clinical Neuroscience, 2003, 5, 371-388.	1.8	44
613	Psychological treatment for insomnia in the regulation of long-term hypnotic drug use. Health Technology Assessment, 2004, 8, iii-iv, 1-68.	1.3	144
614	Bruxismo durante o Sono. Revista Neurociencias, 2003, 11, 4-17.	0.0	13
615	Biofeedback: an overview in the context of heart-brain medicine.. Cleveland Clinic Journal of Medicine, 2008, 75, S31-S31.	0.6	65
616	Assessing and Treating Sleep Problems in Family Caregivers of Intensive Care Unit Patients. Critical Care Nurse, 2005, 25, 16-23.	0.5	11
618	Use of the Internet to Assist in the Treatment of Depression and Anxiety. Primary Care Companion To the Journal of Clinical Psychiatry, 2010, 12, .	0.6	16
619	Sleep in the Elderly. Primary Care Companion To the Journal of Clinical Psychiatry, 2004, 06, 9-20.	0.6	83
620	Evaluation and Treatment of Poor Sleep. Primary Care Companion To the Journal of Clinical Psychiatry, 2007, 09, 224-229.	0.6	1
621	Effect of Different Doses of Exercise on Sleep Duration, Sleep Efficiency and Sleep Quality in Sedentary, Overweight Men. Bioenergetics: Open Access, 2013, 02, .	0.1	4
622	Preferences for behavioral therapies for chronic insomnia. Health, 2013, 05, 1784-1790.	0.1	6

#	ARTICLE	IF	CITATIONS
623	Effect of Acute Physical Exercise on Patients with Chronic Primary Insomnia. <i>Journal of Clinical Sleep Medicine</i> , 2010, 06, 270-275.	1.4	129
624	EEG-Biofeedback as a Tool to Modulate Arousal: Trends and Perspectives for Treatment of ADHD and Insomnia. , 0, , .		1
625	Efficacy and Safety of Ashwagandha (<i>Withania somnifera</i>) Root Extract in Insomnia and Anxiety: A Double-blind, Randomized, Placebo-controlled Study. <i>Cureus</i> , 2019, 11, e5797.	0.2	35
626	Development and Perceived Utility and Impact of an Internet Intervention for Insomnia. <i>E-Journal of Applied Psychology</i> , 2008, 4, 32-42.	0.3	97
628	Marketing Social. <i>Revista Neurociencias</i> , 2011, 19, 200-209.	0.0	3
629	Behavioral Treatment of Insomnia. , 2002, , 237-242.		0
630	Insomnia, Behavioral Treatment of. , 2003, , 661-664.		0
631	Primary insomnia. , 2003, , 207-220.		1
632	Insomnias associated with psychiatric disorders. , 2003, , 227-245.		2
634	Sleep Restriction as Therapy for Insomnia. <i>Lung Biology in Health and Disease</i> , 2004, , 475-484.	0.1	0
635	Epidemiological Health Impact. <i>Lung Biology in Health and Disease</i> , 2004, , 195-209.	0.1	0
636	Polysomnographic Evaluation of Sleep Disorders. , 2005, , 701-731.		0
637	Sleep Problems in Primary Care. , 2006, , 262-268.		0
638	Chronic Insomnia: An Actigraph Evaluation. <i>Indian Journal of Sleep Medicine</i> , 2006, 1, 151-153.	0.2	0
639	Sleep Dysfunction. , 2006, , 401-430.		0
641	Un estudio piloto de la eficacia de una intervenci3n psicoeducativa a corto plazo para el insomnio no org4nico persistente en pacientes con enfermedad mental grave. <i>European Psychiatry (Ed Espa±ola)</i> , 2007, 14, 81-85.	0.0	0
643	Medical Disorders. , 2008, , 641-656.		0
644	Description of Insomnia. , 2008, , 3-13.		0

#	ARTICLE	IF	CITATIONS
645	Pharmacologic Treatment of Insomnia. , 2008, , 91-93.		0
646	Sleeping disorders. , 2009, , 701-706.		0
647	NHG-Standaard Slaapproblemen en slaapmiddelen. , 2009, , 558-579.		1
648	Behavioral Strategies for Managing Insomnia. , 2010, , 79-97.		0
650	Naturaleza y tratamiento del insomnio. , 2011, , 361-376.		0
651	Clasificaci3n de los trastornos del sue±o. , 2011, , 275-283.		0
652	Trastornos del sue±o en el anciano. , 2011, , 606-620.		1
653	New Melatonergic Agents. Su'myeon, 2011, 8, 25-30.	0.2	0
654	Management of Sleep Disorders â€“ Cognitive Behavioral Therapy for Insomnia. Intelligent Systems, Control and Automation: Science and Engineering, 2012, , 121-136.	0.3	0
655	Insomnia in Aging. , 2012, , 183-190.		0
656	The Effective Assessment and Management of Sleep Disturbances in Community-Dwelling and Institutionalized Older Adults. Intelligent Systems, Control and Automation: Science and Engineering, 2012, , 245-259.	0.3	0
657	Sleep in Anxiety Disorders. , 2012, , 682-694.		0
658	The Diagnosis and Treatment of Insomnia. , 0, , .		0
659	Cognitive Therapy for Insomnia. , 2013, , 290-295.		0
662	Sleep Interventions: A Developmental Perspective. , 2014, , 409-423.		3
663	Managing Insomnia in Special Populations. , 2014, , 57-66.		1
664	Insomnia, Cognitive Behavioral Treatment of. , 2014, , 708-710.		0
665	Primary Insomnia and Sleep Apnea in Pediatric and Adult Populations. , 2014, , 565-587.		0

#	ARTICLE	IF	CITATIONS
666	Sleep Aids. , 2015, , 89-97.		0
667	A History of Nonpharmacological Treatments for Insomnia. , 2015, , 519-526.		0
668	Insomnia: A Foremost Deprived Factor; Cross Sectional Study. Journal of Bioequivalence & Bioavailability, 2015, 08, .	0.1	0
670	Role of behavioral techniques in patients with insomnia and headache. Indian Journal of Sleep Medicine, 2015, 10, 146-153.	0.2	0
671	Psychological Treatment of Insomnia: The Evolution of Behavior Therapy and Cognitive Behavior Therapy. , 2015, , 533-539.		1
672	Sleepless No More: Techniques and Interventions for Sleep Disorders. Athens Journal of Health, 2015, 2, 9-20.	0.1	5
673	Factors Influencing The Effectiveness Of A One-day CBT For Insomnia Workshop. Journal of Sleep and Sleep Disorder Research, 2015, 1, 15-24.	1.0	0
674	Chapitre 5. Conduite À tenir devant uneÂplainte deÂsommeil. , 2016, , 89-139.		0
675	Sleep Medicine. , 2018, , 1-25.		0
676	Kognitiv-behaviorale Behandlungskonzepte. , 2018, , 177-181.		0
677	Psychotherapy Interventions for Comorbid Sleep Disorders and Posttraumatic Stress Disorder. , 2018, , 277-292.		1
678	Cognitive Behaviour Therapy for Insomnia in Co-morbid Psychiatric Disorders. , 2018, , 149-171.		1
679	Comparing Participantsâ€™ Satisfaction with Behavioral Therapies for Chronic Insomnia. Science of Nursing and Health Practices - Science InfirmiÃ©re Et Pratiques En SantÃ©, 2018, 1, .	0.0	0
681	Sleep Disorders in Veterans: Prevalence, Consequences, and Treatment. , 2020, , 315-340.		1
682	Comparative study of the effect of resistance exercises versus aerobic exercises in postmenopausal women suffering from insomnia. Journal of Mid-Life Health, 2020, 11, 2.	0.4	1
683	BiliÅŸsel DavranÅŸlarÄ±n Terapi-Uykusuzluk ProtokolÃ¼ ve Etkililik ÅŸalÄ±ÅŸmalarÄ±n GÃ¼zden GeÅŸirilmesi. Current Approaches in Psychiatry, 2020, 12, 273-280.	0.2	0
684	Vom Wachen zum Schlaf. , 2020, , 37-56.		0
686	Sleep hygiene, sleep-related problems, and their relations with quality of life in a primary-care population in southwest Saudi Arabia. Journal of Family Medicine and Primary Care, 2020, 9, 3124.	0.3	4

#	ARTICLE	IF	CITATIONS
710	Andere stoornissen bij paren. , 2022, , 333-365.		0
711	Effects of cognitive behavioral therapy for insomnia on subjective and objective measures of sleep and cognition. <i>Sleep Medicine</i> , 2022, 97, 13-26.	0.8	11
712	The Effect of Sleep Health Education Program Based on Continuous Care Model on Sleep Quality in The Elderly. <i>Iranian Journal of Health Education and Health Promotion</i> , 2022, 10, 170-184.	0.1	0
713	Combining Cognitive Behavioral Therapy for Insomnia and Chronic Spinal Pain Within Physical Therapy: A Practical Guide for the Implementation of an Integrated Approach. <i>Physical Therapy</i> , 2022, 102, .	1.1	1
714	Differences in Treatment Effects of Cognitive-behavioral Therapy for Insomnia Based on Sleep Reactivity: A Preliminary Study. <i>Behavioral Sleep Medicine</i> , 2023, 21, 332-343.	1.1	3
715	Pre<i>S</i>cription Digita<i>L</i> Th<i>E</i>rap<i>E</i>utic for <i>P</i>atients with <i>I</i>nsomnia (<i>SLEEP-I</i>):</i> a protocol for a pragmatic randomised controlled trial. <i>BMJ Open</i> , 2022, 12, e062041.	0.8	0
716	Comparative efficacy of exercise regimens on sleep quality in older adults: A systematic review and network meta-analysis. <i>Sleep Medicine Reviews</i> , 2022, 65, 101673.	3.8	15
717	Mechanical Ventilation and Sleep. , 2022, , 161-173.		0
718	Short-term countermeasures for sleep loss effects. , 2023, , 465-472.		0
719	Cognitive Behavioral Therapy for Insomnia (CBT-I): A Primer. <i>Kliničeska I Specialna Psihologija</i> , 2022, 11, 123-137.	0.1	2
720	Prevalence and Risk Factors of Depression in Patients with Rheumatic Disease in South Korea during the COVID-19 Pandemic. <i>Healthcare (Switzerland)</i> , 2022, 10, 1758.	1.0	0
721	Behavioral interventions for improving sleep outcomes in menopausal women: a systematic review and meta-analysis. <i>Menopause</i> , 2022, 29, 1210-1221.	0.8	7
722	The Good Sleeper Scaleâ€”15 items: a questionnaire for the standardised assessment of good sleepers. <i>Journal of Sleep Research</i> , 2023, 32, .	1.7	1
723	A nurse-delivered intervention to reduce insomnia in cancer survivors: Study protocol for a randomized-controlled trial. <i>Contemporary Clinical Trials</i> , 2022, 122, 106939.	0.8	3
724	The Effects of Cognitive Behavioral Therapy for Insomnia among College Students with Irritable Bowel Syndrome: A Randomized Controlled Trial. <i>International Journal of Environmental Research and Public Health</i> , 2022, 19, 14174.	1.2	2
725	How do previously inactive individuals restructure their time to â€œfit inâ€™ morning or evening exercise: a randomized controlled trial. <i>Journal of Behavioral Medicine</i> , 0, , .	1.1	0
726	Exploring new digital therapeutics technologies for psychiatric disorders using BERTopic and PatentSBERTa. <i>Technological Forecasting and Social Change</i> , 2023, 186, 122130.	6.2	13
727	Work Hard, Snore Hard: Recovery from Work for Early Career Researchers. , 2022, , 41-51.		0

#	ARTICLE	IF	CITATIONS
728	Prevalence and Causes of Sleep Problems in Athletes. <i>Current Sleep Medicine Reports</i> , 2022, 8, 180-186.	0.7	0
729	Cognitive behavior therapy for insomnia in adults. , 2023, , 163-174.		0
731	Sleep structure in patients with COMISA compared to OSA and insomnia. <i>Journal of Clinical Sleep Medicine</i> , 2023, 19, 1051-1059.	1.4	4
732	Partner Alliance to Enhance Efficacy and Adherence of CBT-I. <i>Sleep Medicine Clinics</i> , 2023, 18, 1-7.	1.2	1
733	Paradoxical Intention as an Adjunct Treatment to Cognitive Behavioral Therapy for Insomnia. <i>Sleep Medicine Clinics</i> , 2023, 18, 9-19.	1.2	1
734	Exercise as an Adjunct Treatment to Cognitive Behavior Therapy for Insomnia. <i>Sleep Medicine Clinics</i> , 2023, 18, 39-47.	1.2	1
735	Lebensstilfaktoren und Schmerzen. , 2023, , 249-267.		0
736	Evaluation of sleep and therapeutic education needs of military with PTSD. <i>L'Encephale</i> , 2024, 50, 48-53.	0.3	0
737	Is it wiser to train in the afternoon or the early evening to sleep better? The role of chronotype in young adolescent athletes. <i>Sleep</i> , 2023, 46, .	0.6	5
738	Sleep Disorder Management in Developing Countries. , 2023, , 1-39.		0
739	Acute Evening High-Intensity Interval Training may Attenuate the Detrimental Effects of Sleep Restriction on Long-Term Declarative Memory. <i>Sleep</i> , 0, , .	0.6	0
756	Kognitive Verhaltenstherapie. <i>Springer Reference Medizin</i> , 2020, , 1-4.	0.0	0
757	De behandeling van slapeloosheid zonder pillen. , 2024, , 11-20.		0