

# Epidemiology of insomnia: what we know and what we

Sleep Medicine Reviews

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Citation Report

#	ARTICLE	IF	CITATIONS
2	Insomnia causes, consequences, and therapeutics: An overview. <i>Depression and Anxiety</i> , 2003, 18, 163-176.	2.0	240
3	Measuring outcomes in randomized clinical trials of insomnia treatments. <i>Sleep Medicine Reviews</i> , 2003, 7, 263-279.	3.8	153
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6	Factor structure and measurement invariance of the Women's Health Initiative Insomnia Rating Scale.. <i>Psychological Assessment</i> , 2003, 15, 123-136.	1.2	117
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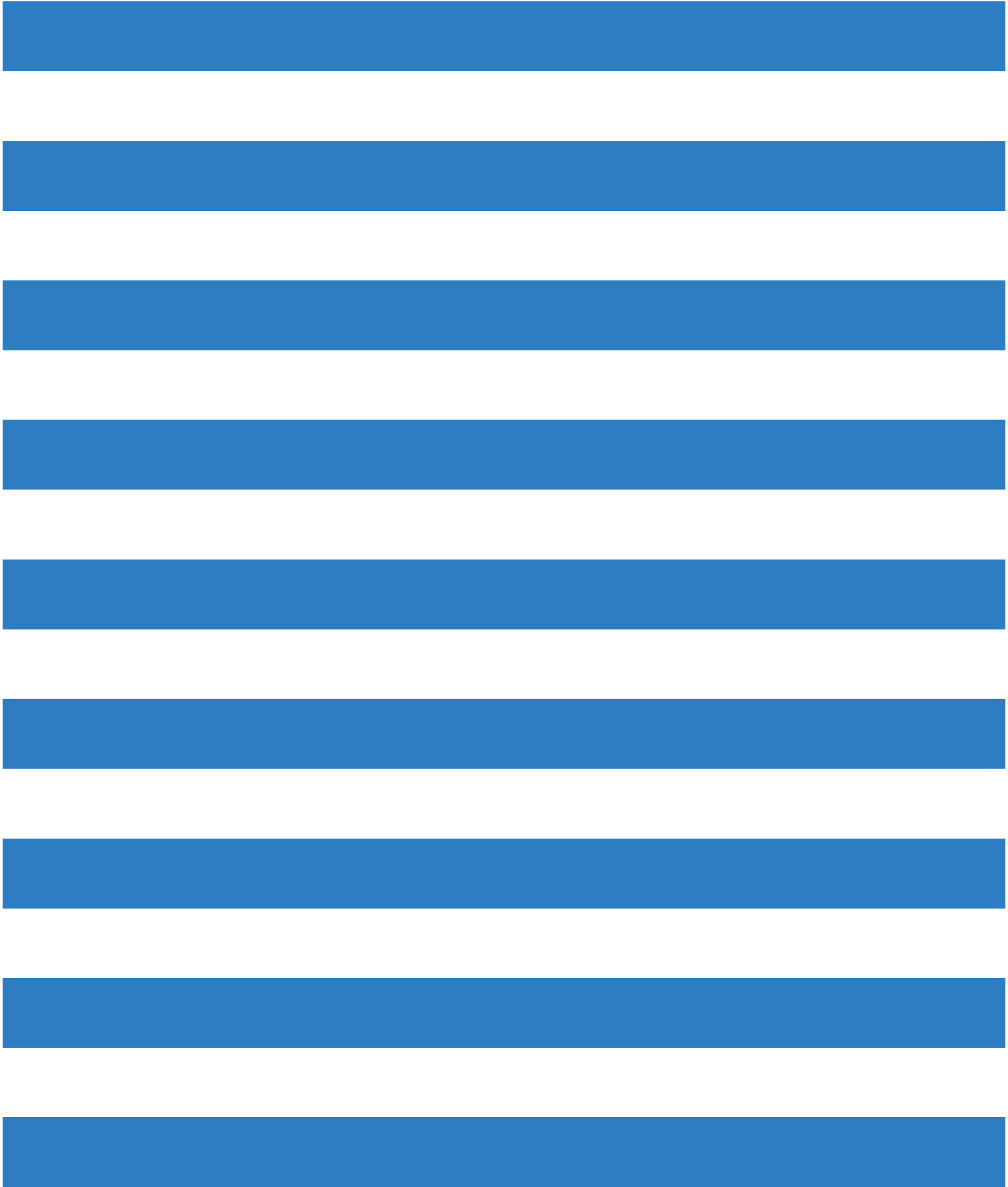
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1018	Cortical Structural Connectivity Alterations in Primary Insomnia: Insights from MRI-Based Morphometric Correlation Analysis. <i>BioMed Research International</i> , 2015, 2015, 1-23.	0.9	45
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1060	Neuroimaging Insights into Insomnia. <i>Current Neurology and Neuroscience Reports</i> , 2015, 15, 9.	2.0	62
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1080	Trends in insomnia and excessive daytime sleepiness among US adults from 2002 to 2012. <i>Sleep Medicine</i> , 2015, 16, 372-378.	0.8	242
1081	The effect of poor sleep quality on mood outcome differs between men and women: A longitudinal study of bipolar disorder. <i>Journal of Affective Disorders</i> , 2015, 180, 90-96.	2.0	44
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1091	Nonapnea Sleep Disorders and Incident Chronic Kidney Disease. <i>Medicine (United States)</i> , 2015, 94, e429.	0.4	20
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1297	In vivo and in silico sedative-hypnotic like activity of 7-methyljuglone isolated from <i>Diospyros lotus</i> L.. <i>Biomedicine and Pharmacotherapy</i> , 2017, 87, 678-682.	2.5	14
1298	Effects of sleep management with self-help treatment for the Japanese elderly with chronic insomnia: a quasi-experimental study. <i>Journal of Behavioral Medicine</i> , 2017, 40, 659-668.	1.1	6
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1302	Sleep disruption in chronic rhinosinusitis. <i>Expert Review of Anti-Infective Therapy</i> , 2017, 15, 457-465.	2.0	32
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1305	The effects of kiwi fruit consumption in students with chronic insomnia symptoms: a randomized controlled trial. <i>Sleep and Biological Rhythms</i> , 2017, 15, 159-166.	0.5	14
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1308	Nightmares and nonsuicidal self-injury: The mediating role of emotional dysregulation. <i>Comprehensive Psychiatry</i> , 2017, 76, 104-112.	1.5	30
1309	Amino Acid Fermentation. <i>Advances in Biochemical Engineering/Biotechnology</i> , 2017, , .	0.6	9
1310	Epidemiology: Principles and Application in Sleep Medicine. , 2017, , 485-521.		5
1311	Trajectory of sleep disturbances in patients undergoing lung cancer surgery: a prospective study. <i>Interactive Cardiovascular and Thoracic Surgery</i> , 2017, 25, 285-291.	0.5	26
1312	Risk of obstructive sleep apnea in African American patients with chronic rhinosinusitis. <i>Annals of Allergy, Asthma and Immunology</i> , 2017, 118, 685-688.e1.	0.5	29
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1316	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
1317	Acupuncture and moxibustion for primary insomnia: A systematic review and meta-analysis of randomized controlled trials. <i>European Journal of Integrative Medicine</i> , 2017, 12, 93-107.	0.8	5
1318	Efficacy of the Integrated Listening Systems' Dreampadâ„¢ device to Sleep Quality in insomnia patient. , 2017, , .		2
1320	Sleep and Sleep Disorders in Women. , 2017, , 1159-1174.		0
1321	Understanding sleep-wake mechanisms and drug discovery. <i>Expert Opinion on Drug Discovery</i> , 2017, 12, 643-657.	2.5	7
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1352	Overview: a Framework for the Discussion of Sleep in Multiple Sclerosis. <i>Current Sleep Medicine Reports</i> , 2017, 3, 263-271.	0.7	15
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1363	Insomnia in nursing students and related factors: A cross-sectional study. <i>International Journal of Nursing Practice</i> , 2017, 23, e12578.	0.8	13
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1368	Nature, Evaluation, and Treatment of Insomnia. , 2017, , 673-696.		0
1369	Residual effects of eszopiclone on daytime alertness, psychomotor, physical performance and subjective evaluations. <i>Sleep and Biological Rhythms</i> , 2017, 15, 311-316.	0.5	2
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1377	Clinical Sleep-Wake Disorders II: Focus on Insomnia and Circadian Rhythm Sleep Disorders. <i>Handbook of Experimental Pharmacology</i> , 2017, 253, 261-276.	0.9	12
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1380	Sleep loss as a trigger of mood episodes in bipolar disorder: Individual differences based on diagnostic subtype and gender. <i>British Journal of Psychiatry</i> , 2017, 211, 169-174.	1.7	92
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1385	Sleep disturbance and its associations with severity of dependence, depression and quality of life among heroin-dependent patients: a cross-sectional descriptive study. <i>Substance Abuse Treatment, Prevention, and Policy</i> , 2017, 12, 16.	1.0	17
1386	Hypertension with unsatisfactory sleep health (HUSH): study protocol for a randomized controlled trial. <i>Trials</i> , 2017, 18, 256.	0.7	13
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1390	Epidemiology of Insomnia. , 2017, , 13-25.		15
1391	Prognosis and Complications. , 2017, , 59-73.		1
1392	Menstrual cycle-related variation in autonomic nervous system functioning in women in the early menopausal transition with and without insomnia disorder. <i>Psychoneuroendocrinology</i> , 2017, 75, 44-51.	1.3	24
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1403	Insomnia From Drug Treatments. <i>Mayo Clinic Proceedings</i> , 2017, 92, 72-87.	1.4	11
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1410	An interactive thought visualization tool for insomnia treatment. <i>Procedia Computer Science</i> , 2017, 121, 314-321.	1.2	1
1411	Circadian Phase and Phase Angle Disorders in Primary Insomnia. <i>Sleep</i> , 2017, 40, .	0.6	64
1412	Effectiveness of Benzodiazepine Receptor Agonists in the Treatment of Insomnia: An Examination of Response and Remission Rates. <i>Sleep</i> , 2017, 40, .	0.6	38
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1417	Insomnia in Older Adults. , 2017, , 1503-1509.e4.		1
1418	Epidemiology of Sleep Medicine. , 2017, , 627-637.e7.		5
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1436	Suicidality in sleep disorders: prevalence, impact, and management strategies. <i>Nature and Science of Sleep</i> , 2017, Volume 9, 213-226.	1.4	38
1437	Abnormal amplitude of low-frequency fluctuations associated with rapid-eye movement in chronic primary insomnia patients. <i>Oncotarget</i> , 2017, 8, 84877-84888.	0.8	19
1438	Clinical Practice Guideline for the Pharmacologic Treatment of Chronic Insomnia in Adults: An American Academy of Sleep Medicine Clinical Practice Guideline. <i>Journal of Clinical Sleep Medicine</i> , 2017, 13, 307-349.	1.4	864
1439	Alternative remedies for insomnia: a proposed method for personalized therapeutic trials. <i>Nature and Science of Sleep</i> , 2017, Volume 9, 97-108.	1.4	12
1440	Transcutaneous Auricular Vague Nerve Stimulation: A Promising Alternative Therapy for Insomnia Disorder. <i>Brain Disorders &amp; Therapy</i> , 2017, 06, .	0.1	0
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1442	Cognitive Behavioral Therapy for Sleep Disorders. , 2017, , 381-403.		0

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1444	The Effectiveness of Internet-Based Cognitive Behavioral Therapy in Treatment of Psychiatric Disorders. <i>Cureus</i> , 2017, 9, e1626.	0.2	62
1445	Insomnia and hypertension: A systematic review. <i>Sleep Medicine Reviews</i> , 2018, 41, 3-38.	3.8	135
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1452	BEHAVIORAL STRATEGIES, INCLUDING EXERCISE, FOR ADDRESSING INSOMNIA. <i>ACSM's Health and Fitness Journal</i> , 2018, 22, 23-29.	0.3	8
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1454	Long-term clinical effect of group cognitive behavioral therapy for insomnia: a case series study. <i>Sleep Medicine</i> , 2018, 47, 54-59.	0.8	44
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1457	Integrative Review of the Relationship Between Sleep Disturbances and Episodic Memory in Older Adults. <i>Biological Research for Nursing</i> , 2018, 20, 440-451.	1.0	9
1459	Impact of non-apnea sleep disorders on diabetic control and metabolic outcome - A population-based cohort study. <i>General Hospital Psychiatry</i> , 2018, 52, 1-7.	1.2	1
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1465	The impact of sleep disorders on driving safety—findings from the Second Strategic Highway Research Program naturalistic driving study. <i>Sleep</i> , 2018, 41, .	0.6	28
1466	Medicinal uses, pharmacology, and phytochemistry of Convolvulaceae plants with central nervous system efficacies: A systematic review. <i>Phytotherapy Research</i> , 2018, 32, 823-864.	2.8	30
1467	Sickness absence: a systematic review and meta-analysis of psychological treatments for individuals on sick leave due to common mental disorders. <i>Psychological Medicine</i> , 2018, 48, 1954-1965.	2.7	45
1468	Altered gray matter volume in primary insomnia patients: a DARTEL-VBM study. <i>Brain Imaging and Behavior</i> , 2018, 12, 1759-1767.	1.1	45
1469	Gender-Specific Differences in Access to Polysomnography and Prevalence of Sleep Disorders. <i>Journal of Women's Health</i> , 2018, 27, 525-530.	1.5	29
1470	Sleep Disturbance, Activities of Daily Living, and Depressive Symptoms among Older Adults. <i>Clinical Gerontologist</i> , 2018, 41, 172-180.	1.2	53
1471	Program Evaluation of Group-based Cognitive Behavioral Therapy for Insomnia: a Focus on Treatment Adherence and Outcomes in Older Adults with Co-morbidities. <i>Clinical Gerontologist</i> , 2018, 41, 487-497.	1.2	10
1472	Insomnia in the Older Adult. <i>Sleep Medicine Clinics</i> , 2018, 13, 13-19.	1.2	67
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1474	Insomnia in primary care—a study from India. <i>Sleep Health</i> , 2018, 4, 63-67.	1.3	13
1475	A Review of Women's Neurology. <i>American Journal of Medicine</i> , 2018, 131, 735-744.	0.6	5
1476	When east meets west: Understanding the traditional Chinese medicine diagnoses on insomnia by Western medicine symptomatology. <i>European Journal of Integrative Medicine</i> , 2018, 17, 129-134.	0.8	4
1477	A systematic review and meta-analysis of cognitive and behavioral interventions to improve sleep health in adults without sleep disorders. <i>Sleep Medicine Reviews</i> , 2018, 40, 160-169.	3.8	126
1478	Paradoxical insomnia and subjective—objective sleep discrepancy: A review. <i>Sleep Medicine Reviews</i> , 2018, 40, 196-202.	3.8	133
1479	Advantages of single step over step-by-step screening for sleep disorders. <i>Biological Rhythm Research</i> , 2018, 49, 610-621.	0.4	0
1480	Cognitive mechanisms of sleep outcomes in a randomized clinical trial of internet-based cognitive behavioral therapy for insomnia. <i>Sleep Medicine</i> , 2018, 47, 77-85.	0.8	35

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1485	Differences in sleep functioning between individuals with seasonal affective disorder and major depressive disorder in Finland. <i>Sleep Medicine</i> , 2018, 48, 16-22.	0.8	1
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1487	Sleepwear with lateralized thermal properties for the treatment of sleep disturbance in women. <i>International Journal of Clothing Science and Technology</i> , 2018, 30, 62-72.	0.5	2
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1489	Associations of nocturnal sleep with experimental pain and pain catastrophizing in healthy volunteers. <i>Biological Psychology</i> , 2018, 135, 1-7.	1.1	14
1490	To Drug or Not to Drug: A Qualitative Study of Patients'™ Decision-Making Processes for Managing Insomnia. <i>Behavioral Sleep Medicine</i> , 2018, 16, 1-26.	1.1	39
1491	Assessing Stress-Induced Sleep Reactivity in College Students: The European Portuguese Version of the Ford Insomnia Response to Stress Test (FIRST). <i>Behavioral Sleep Medicine</i> , 2018, 16, 337-346.	1.1	8
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1498	Association of Anxiety Symptom Clusters with Sleep Quality and Daytime Sleepiness. <i>Journals of Gerontology - Series B Psychological Sciences and Social Sciences</i> , 2018, 73, 413-420.	2.4	33



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1502	Subjective insomnia symptoms and sleep duration are not related to hypothalamic–pituitary–adrenal axis activity in older adults. <i>Journal of Sleep Research</i> , 2018, 27, 40-46.	1.7	8
1503	Effectiveness of sleep self-management group intervention in Chinese patients with insomnia disorder. <i>Perspectives in Psychiatric Care</i> , 2018, 54, 156-161.	0.9	3
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1505	The effect of resistance exercise on sleep: A systematic review of randomized controlled trials. <i>Sleep Medicine Reviews</i> , 2018, 39, 52-68.	3.8	137
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1525	Chronic parenting stress and mood reactivity: The role of sleep quality. <i>Stress and Health</i> , 2018, 34, 296-305.	1.4	18
1526	Treating Sleep Problems in Young People at Ultra-High Risk of Psychosis: A Feasibility Case Series. <i>Behavioural and Cognitive Psychotherapy</i> , 2018, 46, 276-291.	0.9	53
1527	Do physical activity and body mass index modify the association between chronic musculoskeletal pain and insomnia? Longitudinal data from the HUNT study, Norway. <i>Journal of Sleep Research</i> , 2018, 27, 32-39.	1.7	27
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1546	Tuina for primary insomnia: a meta-analysis. Journal of Acupuncture and Tuina Science, 2018, 16, 236-242.	0.1	0
1547	Sleep Duration and Sleep Quality Are Associated with Physical Activity in Elderly People Living in Nursing Homes. International Journal of Environmental Research and Public Health, 2018, 15, 2512.	1.2	55
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1549	COMISA (Comorbid Insomnia and Sleep Apnea): a Practical Approach. Current Sleep Medicine Reports, 2018, 4, 255-267.	0.7	3
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1554	Effects of Ramelteon and Other Sleep-Promoting Drugs on Serum Low-Density Lipoprotein and Non-high-density Lipoprotein Cholesterol: A Retrospective Comparative Pilot Study. Biological and Pharmaceutical Bulletin, 2018, 41, 1778-1790.	0.6	3
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1559	Anti-insomniac Botanicals and Natural Products: Pre-clinical and Clinical Evidences. <i>Journal of Biologically Active Products From Nature</i> , 2018, 8, 295-311.	0.1	1
1560	Insomnia symptoms are associated with elevated C-reactive protein in young adults. <i>Psychology and Health</i> , 2018, 33, 1396-1415.	1.2	23
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1567	Insomnia Really Hurts: Effect of a Bad Night's Sleep on Pain Increases With Insomnia Severity. <i>Frontiers in Psychiatry</i> , 2018, 9, 377.	1.3	41
1568	Making sleep easier: pharmacological interventions for insomnia. <i>Expert Opinion on Pharmacotherapy</i> , 2018, 19, 1465-1473.	0.9	42
1569	Assessment of Sleep Duration, Sleep Habits, Napping, and Circadian Rhythms in the Patient Complaining of Fatigue. , 2018, , 141-150.		0
1570	Prevalence and socio-economic correlates of insomnia among older people in Anhui, China. <i>Australasian Journal on Ageing</i> , 2018, 37, E91-E96.	0.4	17
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1574	Effect of insomnia treatments on depression: A systematic review and meta-analysis. <i>Depression and Anxiety</i> , 2018, 35, 717-731.	2.0	142
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1578	Sleep habits and strategies of ultramarathon runners. <i>PLoS ONE</i> , 2018, 13, e0194705.	1.1	27
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1583	French consensus: Pharmaco-resistant restless legs syndrome. <i>Revue Neurologique</i> , 2018, 174, 522-531.	0.6	11
1584	Effect of Brief Mindfulness Induction on University Athletesâ€™ Sleep Quality Following Night Training. <i>Frontiers in Psychology</i> , 2018, 9, 508.	1.1	20
1585	Plasticity and Susceptibility of Brain Morphometry Alterations to Insufficient Sleep. <i>Frontiers in Psychiatry</i> , 2018, 9, 266.	1.3	47
1586	Effectiveness of Raw, Natural Medical Cannabis Flower for Treating Insomnia under Naturalistic Conditions. <i>Medicines (Basel, Switzerland)</i> , 2018, 5, 75.	0.7	21
1587	Insomnia in Older Adults. <i>Psychiatric Annals</i> , 2018, 48, 279-286.	0.1	2
1588	Aberrant Effective Connectivity of the Right Anterior Insula in Primary Insomnia. <i>Frontiers in Neurology</i> , 2018, 9, 317.	1.1	29
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1597	Co-morbid sleep disorders and epilepsy: A narrative review and case examples. <i>Epilepsy Research</i> , 2018, 145, 185-197.	0.8	29
1598	Sleep and aging. <i>Sleep Science and Practice</i> , 2018, 2, .	0.6	28
1599	Home exercise improves the quality of sleep and daytime sleepiness of elderly: a randomized controlled trial. <i>Multidisciplinary Respiratory Medicine</i> , 2018, 13, 2.	0.6	27
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1603	Hypnotic Discontinuation in Chronic Insomnia. <i>Sleep Medicine Clinics</i> , 2018, 13, 263-270.	1.2	13
1604	The Epidemiology of Sleep and Diabetes. <i>Current Diabetes Reports</i> , 2018, 18, 82.	1.7	98
1606	Studies of Fatigue and Human Performance in Patients with Sleep Disorders. , 2018, , 39-52.		0
1607	Sleep Disorders and Symptoms in Blacks with Metabolic Syndrome: the Metabolic Syndrome Outcome Study (MetSO). <i>Ethnicity and Disease</i> , 2018, 28, 193.	1.0	6
1608	Patients's™ experiences of motivation, change, and challenges in group treatment for insomnia in primary care: a focus group study. <i>BMC Family Practice</i> , 2018, 19, 111.	2.9	9
1609	Sleep Disorders and Migraine: Review of Literature and Potential Pathophysiology Mechanisms. <i>Headache</i> , 2018, 58, 1030-1039.	1.8	126
1610	A randomized Phase 2 study to evaluate the orexin-2 receptor antagonist seltorexant in individuals with insomnia without psychiatric comorbidity. <i>Journal of Psychopharmacology</i> , 2018, 32, 668-677.	2.0	44
1611	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
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1615	The Relationship between Suicidal Responses and Traumatic Brain Injury and Severe Insomnia in Active Duty, Veteran, and Civilian Populations. <i>Archives of Suicide Research</i> , 2019, 23, 391-410.	1.2	8
1616	Does online insomnia treatment reduce depressive symptoms? A randomized controlled trial in individuals with both insomnia and depressive symptoms. <i>Psychological Medicine</i> , 2019, 49, 501-509.	2.7	74
1617	The Prevalence of Sleep Disturbances and Sleep Quality in Older Chinese Adults: A Comprehensive Meta-Analysis. <i>Behavioral Sleep Medicine</i> , 2019, 17, 683-697.	1.1	74
1618	Arsenic Exposure Contributes to the Bioenergetic Damage in an Alzheimer's Disease Model. <i>ACS Chemical Neuroscience</i> , 2019, 10, 323-336.	1.7	39
1619	Regular physical activity and insomnia: An international perspective. <i>Journal of Sleep Research</i> , 2019, 28, e12745.	1.7	30
1620	Sleep Disturbance Among Firefighters: Understanding Associations with Alcohol Use and Distress Tolerance. <i>Cognitive Therapy and Research</i> , 2019, 43, 66-77.	1.2	16
1621	Abnormalities of thalamus volume and resting state functional connectivity in primary insomnia patients. <i>Brain Imaging and Behavior</i> , 2019, 13, 1193-1201.	1.1	38
1622	Are sleep hygiene practices related to the incidence, persistence and remission of insomnia? Findings from a prospective community study. <i>Journal of Behavioral Medicine</i> , 2019, 42, 128-138.	1.1	24
1623	Comparing primary insomnia to the insomnia occurring in major depression and general anxiety disorder. <i>Psychiatry Research</i> , 2019, 282, 112514.	1.7	9
1624	Neuroendocrine Control of Sleep. <i>Current Topics in Behavioral Neurosciences</i> , 2019, 43, 353-378.	0.8	15
1625	Insomnia and cognitive performance: A systematic review and meta-analysis. <i>Sleep Medicine Reviews</i> , 2019, 48, 101205.	3.8	136
1626	Cognitive and behavioral therapy for insomnia increases the use of continuous positive airway pressure therapy in obstructive sleep apnea participants with comorbid insomnia: a randomized clinical trial. <i>Sleep</i> , 2019, 42, .	0.6	82
1627	Cognitive-Behavioral Therapy for Insomnia: An Effective and Underutilized Treatment for Insomnia. <i>American Journal of Lifestyle Medicine</i> , 2019, 13, 544-547.	0.8	35
1628	Sleep disturbance is associated with not only shorter sleep duration, but also longer time in bed: a Japanese general population survey. <i>Sleep and Biological Rhythms</i> , 2019, 17, 407-415.	0.5	6
1629	Sleep as a Therapeutic Target in the Aging Brain. <i>Neurotherapeutics</i> , 2019, 16, 554-568.	2.1	35
1630	Prevalence and associations of insomnia in lung transplant recipients. <i>Sleep and Biological Rhythms</i> , 2019, 17, 389-395.	0.5	2

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1632	Association between Sedative-hypnotics and Subsequent Cancer in Patients with and without Insomnia: A 14-year Follow-up Study in Taiwan. <i>Journal of Cancer</i> , 2019, 10, 2288-2298.	1.2	5
1633	Sleep and inflammation: partners in sickness and in health. <i>Nature Reviews Immunology</i> , 2019, 19, 702-715.	10.6	385
1634	Over-indebtedness and its association with sleep and sleep medication use. <i>BMC Public Health</i> , 2019, 19, 957.	1.2	19
1635	Gut Microbiota as an Objective Measurement for Auxiliary Diagnosis of Insomnia Disorder. <i>Frontiers in Microbiology</i> , 2019, 10, 1770.	1.5	63
1636	Data-Driven Analysis of EEG Reveals Concomitant Superficial Sleep During Deep Sleep in Insomnia Disorder. <i>Frontiers in Neuroscience</i> , 2019, 13, 598.	1.4	22
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1642	Brief Behavioral Treatment of Insomnia. <i>Sleep Medicine Clinics</i> , 2019, 14, 235-243.	1.2	30
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1719	Sleep disturbance and its relationship with quality of life in older Chinese adults living in nursing homes. <i>Perspectives in Psychiatric Care</i> , 2019, 55, 527-532.	0.9	14
1720	Insomnia Disorder Among Older Veterans: Results of a Postal Survey. <i>Journal of Clinical Sleep Medicine</i> , 2019, 15, 543-551.	1.4	18
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1740	French Language Online Cognitive Behavioral Therapy for Insomnia Disorder: A Randomized Controlled Trial. <i>Frontiers in Neurology</i> , 2019, 10, 1273.	1.1	7
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1751	Insomnia and mortality: A meta-analysis. <i>Sleep Medicine Reviews</i> , 2019, 43, 71-83.	3.8	72
1752	Effects of Physical Activity Program on cognitive function and sleep quality in elderly with mild cognitive impairment: A randomized controlled trial. <i>Perspectives in Psychiatric Care</i> , 2019, 55, 401-408.	0.9	47
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1758	Implications of sleep disturbance and inflammation for Alzheimer's disease dementia. <i>Lancet Neurology</i> , The, 2019, 18, 296-306.	4.9	273
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1760	Efficacy of individualized homeopathic treatment of insomnia: Double-blind, randomized, placebo-controlled clinical trial. <i>Complementary Therapies in Medicine</i> , 2019, 43, 53-59.	1.3	8
1761	Do later-born birth cohorts of septuagenarians sleep better? A prospective population-based study of two birth cohorts of 70-year-olds. <i>Sleep</i> , 2019, 42, .	0.6	6
1762	Cognitive processes mediate the effects of insomnia treatment: evidence from a randomized wait-list controlled trial. <i>Sleep Medicine</i> , 2019, 54, 86-93.	0.8	28

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1765	Preliminary evidence that vortioxetine may improve sleep quality in depressed patients with insomnia: a retrospective questionnaire analysis. <i>British Journal of Clinical Pharmacology</i> , 2019, 85, 240-244.	1.1	21
1766	Insomnia in breast cancer: a prospective observational study. <i>Sleep</i> , 2019, 42, .	0.6	47
1767	Insomnia and cardiorespiratory fitness in a middle-aged population: the SCAPIS pilot study. <i>Sleep and Breathing</i> , 2019, 23, 319-326.	0.9	9
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1771	Pre-deployment insomnia is associated with post-deployment post-traumatic stress disorder and suicidal ideation in US Army soldiers. <i>Sleep</i> , 2019, 42, .	0.6	48
1772	Depression and sleep duration: findings from middle-aged and elderly people in China. <i>Public Health</i> , 2019, 166, 148-154.	1.4	46
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1774	The psychological wellbeing outcomes of nonpharmacological interventions for older persons with insomnia symptoms: A systematic review and meta-analysis. <i>Sleep Medicine Reviews</i> , 2019, 43, 1-13.	3.8	11
1775	Medicated or not medicated hypnotic substance use: strategies in sleep disorders among patients of community pharmacy. <i>Fundamental and Clinical Pharmacology</i> , 2019, 33, 216-222.	1.0	0
1776	Î±-Asarone: a hypnotic with a potential for long-term use. <i>Sleep and Biological Rhythms</i> , 2019, 17, 49-61.	0.5	0
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1778	Effect of Digital Cognitive Behavioral Therapy for Insomnia on Health, Psychological Well-being, and Sleep-Related Quality of Life: A Randomized Clinical Trial. <i>JAMA Psychiatry</i> , 2019, 76, 21.	6.0	269
1779	Clinician Perceptions Related to the Use of the CBT-I Coach Mobile App. <i>Behavioral Sleep Medicine</i> , 2019, 17, 481-491.	1.1	30
1780	Associations Among Trajectories of Sleep Disturbance, Depressive Symptomology and 24-Hour Urinary Cortisol in HIV+ Women Following a Stress Management Intervention. <i>Behavioral Sleep Medicine</i> , 2019, 17, 605-620.	1.1	5



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1783	Gender differences in the relationship between walking activity and sleep disturbance among community-dwelling older adult with diabetes in Taiwan. <i>Journal of Women and Aging</i> , 2019, 31, 108-116.	0.5	11
1784	Aircraft Noise Exposure and Subjective Sleep Quality: The Results of the DEBATS Study in France. <i>Behavioral Sleep Medicine</i> , 2019, 17, 502-513.	1.1	19
1785	Participant Experiences of Attending a Community CBT Workshop for Insomnia: A Qualitative Six-Year Follow-Up. <i>Behavioral Sleep Medicine</i> , 2019, 17, 156-173.	1.1	4
1786	A multilevel examination of sleep, depression, and quality of life in people living with HIV/AIDS. <i>Journal of Health Psychology</i> , 2020, 25, 1556-1566.	1.3	35
1787	Internet-Based Cognitive-Behavioral Therapy for Insomnia in Adults With Asthma: A Pilot Study. <i>Behavioral Sleep Medicine</i> , 2020, 18, 10-22.	1.1	19
1788	Insomnia Patients With Subjective Short Total Sleep Time Have a Boosted Response to Cognitive Behavioral Therapy for Insomnia Despite Residual Symptoms. <i>Behavioral Sleep Medicine</i> , 2020, 18, 58-67.	1.1	12
1789	Mindfulness-Based Interventions for Insomnia: A Meta-Analysis of Randomized Controlled Trials. <i>Behavioral Sleep Medicine</i> , 2020, 18, 1-9.	1.1	58
1790	Association of change in physical activity associated with change in sleep complaints: results from a six-year longitudinal study with Swedish health care workers. <i>Sleep Medicine</i> , 2020, 69, 189-197.	0.8	4
1791	The Association Between Self-perceived Health and Sleep-Quality and Anxiety Among Newly Arrived Refugees in Sweden: A Quantitative Study. <i>Journal of Immigrant and Minority Health</i> , 2020, 22, 82-86.	0.8	6
1792	Nursing Home Eligible, Community-Dwelling Older Adults' Perceptions and Beliefs About Sleep: A Mixed-Methods Study. <i>Clinical Nursing Research</i> , 2020, 29, 177-188.	0.7	8
1793	Sleep, insomnia, and depression. <i>Neuropsychopharmacology</i> , 2020, 45, 74-89.	2.8	364
1794	Connections Between Insomnia and Cognitive Aging. <i>Neuroscience Bulletin</i> , 2020, 36, 77-84.	1.5	41
1795	Are Morbid Obesity and Insomnia Related? Investigating Associated Factors in a Clinical Setting. <i>Journal of Clinical Psychology in Medical Settings</i> , 2020, 27, 190-198.	0.8	3
1796	Altered inter-hemispheric communication of default-mode and visual networks underlie etiology of primary insomnia. <i>Brain Imaging and Behavior</i> , 2020, 14, 1430-1444.	1.1	32
1797	A combination of <i>Eschscholtzia californica</i> Cham. and <i>Valeriana officinalis</i> L. extracts for adjustment insomnia: A prospective observational study. <i>Journal of Traditional and Complementary Medicine</i> , 2020, 10, 116-123.	1.5	9
1798	Psychometric properties of the Insomnia Catastrophizing Scale (ICS) in a large community sample. <i>Cognitive Behaviour Therapy</i> , 2020, 49, 120-136.	1.9	10

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1800	Clinical Significance and Cut-Off Scores for the Pre-Sleep Arousal Scale in Chronic Insomnia Disorder: A Replication in a Clinical Sample. <i>Behavioral Sleep Medicine</i> , 2020, 18, 705-718.	1.1	26
1801	Do sleep disturbances contribute to cognitive impairments in schizophrenia spectrum and bipolar disorders?. <i>European Archives of Psychiatry and Clinical Neuroscience</i> , 2020, 270, 749-759.	1.8	24
1802	Comparing internet-delivered cognitive therapy and behavior therapy with telephone support for insomnia disorder: a randomized controlled trial. <i>Sleep</i> , 2020, 43, .	0.6	17
1803	Cognitive behavioural therapy monotherapy for insomnia: A meta-analysis of randomized controlled trials. <i>Asian Journal of Psychiatry</i> , 2020, 49, 101828.	0.9	3
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1811	Sleep quality and its association with substance abuse among university students. <i>Clinical Neurology and Neurosurgery</i> , 2020, 188, 105591.	0.6	37
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1815	Incidence and prevalence of post-stroke insomnia: A systematic review and meta-analysis. <i>Sleep Medicine Reviews</i> , 2020, 49, 101222.	3.8	98
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1818	Reduced structural connectivity in Insomnia Disorder. <i>Journal of Sleep Research</i> , 2020, 29, e12901.	1.7	23
1819	Sleep Quality in Caregivers of Older Patients with Schizophrenia Spectrum and Bipolar Disorders: A Case-Control Study. <i>Clinical Gerontologist</i> , 2020, 43, 533-544.	1.2	6
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1821	Is time elapsed between cannabis use and sleep start time associated with sleep continuity? An experience sampling method. <i>Drug and Alcohol Dependence</i> , 2020, 208, 107846.	1.6	9
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1825	Changes in psychological inflexibility as a potential mediator of longitudinal links between college students'™ sleep problems and depressive symptoms. <i>Journal of Contextual Behavioral Science</i> , 2020, 15, 110-122.	1.3	17
1826	Associations between nutritional adequacy and insomnia symptoms in Japanese men and women aged 18-69 years: a cross-sectional study. <i>Sleep Health</i> , 2020, 6, 197-204.	1.3	10
1827	Non-pharmacological treatment for insomnia following acquired brain injury: A systematic review. <i>Sleep Medicine Reviews</i> , 2020, 50, 101255.	3.8	11
1828	The Natural History of Insomnia: the incidence of acute insomnia and subsequent progression to chronic insomnia or recovery in good sleeper subjects. <i>Sleep</i> , 2020, 43, .	0.6	55
1829	Revisiting the value of polysomnographic data in insomnia: more than meets the eye. <i>Sleep Medicine</i> , 2020, 66, 184-200.	0.8	44
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1832	Block the light and sleep well: Evening blue light filtration as a part of cognitive behavioral therapy for insomnia. <i>Chronobiology International</i> , 2020, 37, 248-259.	0.9	21
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1842	Objective and subjective sleep measures are associated with neurocognition in aging adults with and without HIV. <i>Clinical Neuropsychologist</i> , 2022, 36, 1352-1371.	1.5	16
1843	Sleep Disturbance in Patients With Lumbar Spinal Stenosis. <i>Clinical Spine Surgery</i> , 2020, 33, E185-E190.	0.7	8
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1845	Sleep in the Aging Population. <i>Sleep Medicine Clinics</i> , 2020, 15, 311-318.	1.2	50
1846	Population Pharmacokinetics and Exposure-Response Analyses for the Most Frequent Adverse Events Following Treatment With Lemborexant, an Orexin Receptor Antagonist, in Subjects With Insomnia Disorder. <i>Journal of Clinical Pharmacology</i> , 2020, 60, 1642-1654.	1.0	15
1847	Affect and Arousal in Insomnia: Through a Lens of Neuroimaging Studies. <i>Current Psychiatry Reports</i> , 2020, 22, 44.	2.1	37
1848	Sleep duration is associated with white matter microstructure and cognitive performance in healthy adults. <i>Human Brain Mapping</i> , 2020, 41, 4397-4405.	1.9	38
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1850	<p>&lt;p>Evaluation of the Effects of an Intervention Intended to Optimize the Sleep Environment Among the Elderly: An Exploratory Study</p></p>. <i>Clinical Interventions in Aging</i> , 2020, Volume 15, 2117-2127.	1.3	4
1851	Narrative review of sleep and stroke. <i>Journal of Thoracic Disease</i> , 2020, 12, S176-S190.	0.6	15
1852	Independent and synergistic effects of pain, insomnia, and depression on falls among older adults: a longitudinal study. <i>BMC Geriatrics</i> , 2020, 20, 491.	1.1	14
1853	Sleep quality among individuals with ketamine use and the mediating role of craving. <i>Scientific Reports</i> , 2020, 10, 20535.	1.6	1
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1858	Self-reported sleep bruxism among Finnish symphony orchestra musicians: Associations with perceived sleep-related problems and psychological stress. Cranio - Journal of Craniomandibular Practice, 2023, 41, 323-330.	0.6	11
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1865	Insight into the relationship between sleep characteristics and anxiety: A cross-sectional study in indigenous and minority populations in northeastern Greece. Psychiatry Research, 2020, 292, 113361.	1.7	9
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1869	Association between Gait Variability and Gait-Ability Decline in Elderly Women with Subthreshold Insomnia Stage. International Journal of Environmental Research and Public Health, 2020, 17, 5181.	1.2	7
1870	A Meta-Analysis of the Relationship Between Sleep Problems and Loneliness. Clinical Psychological Science, 2020, 8, 799-824.	2.4	34
1871	Therapeutic role of melatonin in migraine prophylaxis: Is there a link between sleep and migraine?. Progress in Brain Research, 2020, 255, 343-369.	0.9	10
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1876	Migraine and sleep disorders: a systematic review. <i>Journal of Headache and Pain</i> , 2020, 21, 126.	2.5	99
1877	A blended eHealth intervention for insomnia following acquired brain injury: study protocol for a randomized controlled trial. <i>Trials</i> , 2020, 21, 861.	0.7	1
1878	“A ruffled mind makes a restless pillow”: reducing depression incidence and severity with dCBT-I. <i>Sleep</i> , 2020, 43, .	0.6	1
1879	A Smart Service Platform for Cost Efficient Cardiac Health Monitoring. <i>International Journal of Environmental Research and Public Health</i> , 2020, 17, 6313.	1.2	24
1880	Association of sleep quality and sleep duration with serum uric acid levels in adults. <i>PLoS ONE</i> , 2020, 15, e0239185.	1.1	16
1881	The face of Dental Sleep Medicine in the 21st century. <i>Journal of Oral Rehabilitation</i> , 2020, 47, 1579-1589.	1.3	19
1882	Perception of sleep duration in adult patients with suspected obstructive sleep apnea. <i>PLoS ONE</i> , 2020, 15, e0238083.	1.1	7
1883	Sleep Disturbances and Suicidal Behavior. <i>Current Topics in Behavioral Neurosciences</i> , 2020, 46, 211-228.	0.8	17
1884	Signal Processing based Autonomous Sensory Meridian Response to Treat Insomnia. , 2020, , .		4
1885	Perceptual Differences in Emotionally Ambiguous Neutral Faces Among Individuals Displaying Clinically Significant Insomnia Symptoms. <i>Perception</i> , 2020, 49, 1090-1100.	0.5	3
1886	Efficacy of low-fat milk and yogurt fortified with encapsulated vitamin D <sub>3</sub> on improvement in symptoms of insomnia and quality of life: Evidence from the SUVINA trial. <i>Food Science and Nutrition</i> , 2020, 8, 4484-4490.	1.5	16
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1888	Non-GABA sleep medications, suvorexant as risk factors for falls: Case-control and case-crossover study. <i>PLoS ONE</i> , 2020, 15, e0238723.	1.1	22
1889	Age-dependent associations among insomnia, depression, and inflammation in nurses. <i>Psychology and Health</i> , 2021, 36, 967-984.	1.2	11
1890	Sleep quality and prostate cancer aggressiveness: Results from the REDUCE trial. <i>Prostate</i> , 2020, 80, 1304-1313.	1.2	8
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1894	&lt;p&gt;Efficacy and Safety of Electroacupuncture for Insomnia Disorder: A Multicenter, Randomized, Assessor-Blinded, Controlled Trial&lt;/p&gt;. <i>Nature and Science of Sleep</i> , 2020, Volume 12, 1145-1159.	1.4	11
1895	Impact of sleep quality on postâ€stroke anxiety in stroke patients. <i>Brain and Behavior</i> , 2020, 10, e01716.	1.0	18
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1897	Prevalence and incidence of clinical outcomes in patients presenting to secondary mental health care with mood instability and sleep disturbance. <i>European Psychiatry</i> , 2020, 63, e59.	0.1	8
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1899	Insomnia and Neurocognitive Functioning in Adult Survivors of Childhood Cancer. <i>JNCI Cancer Spectrum</i> , 2020, 4, pkaa008.	1.4	14
1900	Insomnia in the elderly: reported reasons and their associations withÂmedication in general practice in Denmark. <i>Scandinavian Journal of Primary Health Care</i> , 2020, 38, 210-218.	0.6	4
1901	Severity and prevalence of various types of mental ill-health in a general adult population: age and sex differences. <i>BMC Psychiatry</i> , 2020, 20, 209.	1.1	31
1902	Overnight pulse wave analysis to assess autonomic changes during sleep in insomnia patients and healthy sleepers. <i>PLoS ONE</i> , 2020, 15, e0232589.	1.1	10
1903	A randomized controlled trial of digital cognitive behavioral therapy for insomnia in pregnant women. <i>Sleep Medicine</i> , 2020, 72, 82-92.	0.8	86
1904	Sex differences in the association between self-reported sleep duration, insomnia symptoms and cardiometabolic risk factors: cross-sectional findings from Brazilian longitudinal study of adult health. <i>Archives of Public Health</i> , 2020, 78, 48.	1.0	15
1905	Daridorexant: A new medication for insomnia in older adults?. <i>Neurology</i> , 2020, 94, e2287-e2289.	1.5	1
1906	Association of insomnia disorder with sociodemographic factors and poor mental health in COVID-19 inpatients in China. <i>Sleep Medicine</i> , 2020, 75, 282-286.	0.8	44
1907	The effect of baclofen on objective and subjective sleep measures in a model of transient insomnia. <i>Sleep Medicine</i> , 2020, 72, 130-134.	0.8	4
1908	The effects of insomnia on older adultsâ€™ quality of life and daily functioning: A mixed-methods study. <i>Geriatric Nursing</i> , 2020, 41, 832-838.	0.9	15
1909	The Role of Emotion Regulation Difficulties in the Relation Between Insomnia and Depressive Symptoms. <i>International Journal of Behavioral Medicine</i> , 2020, 27, 615-622.	0.8	3
1910	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



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1914	Automatic Identification of Insomnia Based on Single-Channel EEG Labelled With Sleep Stage Annotations. <i>IEEE Access</i> , 2020, 8, 104281-104291.	2.6	19
1915	A critical review of self-care for sleep disturbances: prevalence, profile, motivation, perceived effectiveness and medical provider communication. <i>Sleep Science and Practice</i> , 2020, 4, .	0.6	2
1916	Efficacy of a Mobile Behavioral Intervention for Workers With Insomnia. <i>Journal of Occupational and Environmental Medicine</i> , 2020, 62, 246-250.	0.9	11
1917	Imperceptible sleep monitoring bedding for remote sleep healthcare and early disease diagnosis. <i>Nano Energy</i> , 2020, 72, 104664.	8.2	28
1918	The Scent of a Good Night™s Sleep: Olfactory Cues of a Romantic Partner Improve Sleep Efficiency. <i>Psychological Science</i> , 2020, 31, 449-459.	1.8	13
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1920	The Mediating Roles of Psychological Pain and Dream Anxiety in the Relationship between Sleep Disturbance and Suicide. <i>Archives of Suicide Research</i> , 2021, 25, 512-528.	1.2	11
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1922	Associations of Benzodiazepine With Adverse Prognosis in Heart Failure Patients With Insomnia. <i>Journal of the American Heart Association</i> , 2020, 9, e013982.	1.6	20
1923	Selecting a pharmacotherapy regimen for patients with chronic insomnia. <i>Expert Opinion on Pharmacotherapy</i> , 2020, 21, 1035-1043.	0.9	15
1924	An approach to excessive daytime sleepiness in adults. <i>BMJ, The</i> , 2020, 368, m1047.	3.0	9
1926	The Relationship between Self-Compassion and Sleep Quality: An Overview of a Seven-Year German Research Program. <i>Behavioral Sciences (Basel, Switzerland)</i> , 2020, 10, 64.	1.0	15
1927	Factors Influencing Sleep Quality and Effects of Sleep on Hypertension. <i>Sleep and Vigilance</i> , 2020, 4, 125-136.	0.4	4
1928	Dreaming and Insomnia: Link between Physiological REM Parameters and Mentation Characteristics. <i>Brain Sciences</i> , 2020, 10, 378.	1.1	13
1929	Combined impact of ADHD and insomnia symptoms on quality of life, productivity, and health care use in the general population. <i>Psychological Medicine</i> , 2022, 52, 36-47.	2.7	4
1930	Categorization of Emotional Faces in Insomnia Disorder. <i>Frontiers in Neurology</i> , 2020, 11, 569.	1.1	4

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1932	Prevalence and management of chronic insomnia in Swiss primary care: Cross-sectional data from the "Sentinella" practice-based research network. <i>Journal of Sleep Research</i> , 2020, 29, e13121.	1.7	23
1933	The clinical relevance of early identification and treatment of sleep disorders in mental health care: protocol of a randomized control trial. <i>BMC Psychiatry</i> , 2020, 20, 331.	1.1	6
1934	Insomnia and daytime sleepiness predict 20-year mortality in older male adults: data from a population-based study. <i>Sleep Medicine</i> , 2020, 73, 202-207.	0.8	13
1935	Physiological and Cultural Perspectives of Sleep Disorders' Impacts in Middle East Countries. , 2020, , 3-17.		0
1936	Self-guided online cognitive behavioural therapy for insomnia: A naturalistic evaluation in patients with potential psychiatric comorbidities. <i>Journal of Affective Disorders</i> , 2020, 266, 305-310.	2.0	13
1937	The relation between dizziness and suspected obstructive sleep apnoea. <i>European Archives of Oto-Rhino-Laryngology</i> , 2020, 277, 1537-1543.	0.8	3
1938	Relationship between chronic diseases and sleep duration among older adults in Ghana. <i>Quality of Life Research</i> , 2020, 29, 2101-2110.	1.5	15
1939	Insomnia in Schizophrenia Patients: Prevalence and Quality of Life. <i>International Journal of Environmental Research and Public Health</i> , 2020, 17, 1350.	1.2	31
1940	Workplace bullying and sleep " A systematic review and meta-analysis of the research literature. <i>Sleep Medicine Reviews</i> , 2020, 51, 101289.	3.8	50
1941	Heartfulness meditation improves sleep in chronic insomnia. <i>Journal of Community Hospital Internal Medicine Perspectives</i> , 2020, 10, 10-15.	0.4	15
1942	Perampanel in chronic insomnia. <i>Clinical Neurology and Neurosurgery</i> , 2020, 192, 105724.	0.6	4
1943	Nurse-Guided Internet-Delivered Cognitive Behavioral Therapy for Insomnia in General Practice: Results from a Pragmatic Randomized Clinical Trial. <i>Psychotherapy and Psychosomatics</i> , 2020, 89, 174-184.	4.0	36
1944	Sleep disorders and disrupted sleep in addiction, withdrawal and abstinence with focus on alcohol and opioids. <i>Journal of the Neurological Sciences</i> , 2020, 411, 116713.	0.3	15
1945	Racial/Ethnic Disparities in Sleep Health and Potential Interventions Among Women in the United States. <i>Journal of Women's Health</i> , 2020, 29, 435-442.	1.5	39
1947	Insomnia in obsessive-compulsive disorder: A Swedish population-based cohort study. <i>Journal of Affective Disorders</i> , 2020, 266, 413-416.	2.0	13
1949	Prevalence and associated risk factors of insomnia among pregnant women in China. <i>Comprehensive Psychiatry</i> , 2020, 98, 152168.	1.5	23
1950	Practical Evaluation and Management of Insomnia in Parkinson's Disease: A Review. <i>Movement Disorders Clinical Practice</i> , 2020, 7, 250-266.	0.8	21

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1952	Insomnia and Fatigue Following Traumatic Brain Injury: Prevalence, Correlates Evolution, and Treatment Options. , 2020, , 3-59.		1
1953	Insomnia Treatment in the Primary Care Setting. <i>Advances in Family Practice Nursing</i> , 2020, 2, 125-143.	0.1	0
1954	Multiple environmental and psychosocial work risk factors and sleep disturbances. <i>International Archives of Occupational and Environmental Health</i> , 2020, 93, 623-633.	1.1	17
1955	Environmental open-source data sets and sleep-wake rhythms of populations: an overview. <i>Sleep Medicine</i> , 2020, 69, 88-97.	0.8	3
1956	Acute and Chronic Insomnia: What Has Time and/or Hyperarousal Got to Do with It?. <i>Brain Sciences</i> , 2020, 10, 71.	1.1	33
1957	The Prevalence of Insomnia Subtypes in Relation to Demographic Characteristics, Anxiety, Depression, Alcohol Consumption and Use of Hypnotics. <i>Frontiers in Psychology</i> , 2020, 11, 527.	1.1	52
1958	Lifetime Methamphetamine Use Disorder and Reported Sleep Quality in Adults Living with HIV. <i>AIDS and Behavior</i> , 2020, 24, 3071-3082.	1.4	7
1959	Dampness and mold at home and at work and onset of insomnia symptoms, snoring and excessive daytime sleepiness. <i>Environment International</i> , 2020, 139, 105691.	4.8	14
1960	Subgrouping Poor Sleep Quality in Community-Dwelling Older Adults with Latent Class Analysis - The Yilan Study, Taiwan. <i>Scientific Reports</i> , 2020, 10, 5432.	1.6	20
1961	Association between Occupational Noise and Vibration Exposure and Insomnia among Workers in Korea. <i>Life</i> , 2020, 10, 46.	1.1	17
1962	Genome-wide association analysis of insomnia using data from Partners Biobank. <i>Scientific Reports</i> , 2020, 10, 6928.	1.6	11
1963	Restless legs syndrome: A new comorbidity in idiopathic pulmonary fibrosis. <i>Respiratory Medicine</i> , 2020, 170, 105982.	1.3	3
1964	The prevalence of common sleep disorders in young adults: a descriptive population-based study. <i>Sleep</i> , 2020, 43, .	0.6	42
1965	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
1966	Role of persistent and worsening sleep disturbance in depression remission and suicidal ideation among older primary care patients: the PROSPECT study. <i>Sleep</i> , 2020, 43, .	0.6	8
1967	The association of insomnia and quality of life: Sao Paulo epidemiologic sleep study (EPISONO). <i>Sleep Health</i> , 2020, 6, 629-635.	1.3	24
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1971	SCALING ANALYSIS OF THE A-PHASE DYNAMICS DURING SLEEP. <i>Fractals</i> , 2020, 28, 2050050.	1.8	1
1972	Internet-guided cognitive, behavioral and chronobiological interventions in depression-prone insomnia subtypes: protocol of a randomized controlled prevention trial. <i>BMC Psychiatry</i> , 2020, 20, 163.	1.1	9
1973	Effect of Pilates on Sleep Quality: A Systematic Review and Meta-Analysis of Randomized Controlled Trials. <i>Frontiers in Neurology</i> , 2020, 11, 158.	1.1	15
1974	Determinants of sleep impairment in psoriatic arthritis: An observational study with 396 patients from 14 countries. <i>Joint Bone Spine</i> , 2020, 87, 449-454.	0.8	14
1975	A feasibility study of a mobile app to treat insomnia. <i>Translational Behavioral Medicine</i> , 2021, 11, 604-612.	1.2	16
1976	Insomnia, Psychosocial Well-Being, and Weight Control Behaviors Among Healthy-Weight Adolescent Females: Brief Report. <i>International Journal of Behavioral Medicine</i> , 2021, 28, 259-264.	0.8	1
1977	Under-documentation of psychiatric diagnoses among persons living with HIV in electronic medical records. <i>AIDS Care - Psychological and Socio-Medical Aspects of AIDS/HIV</i> , 2021, 33, 311-315.	0.6	8
1978	Association between 5-hydroxytryptamine gene polymorphism rs140700 and primary insomnia in Chinese population. <i>Internal Medicine Journal</i> , 2021, 51, 732-738.	0.5	5
1979	Sleep patterns and insomnia in a large population-based study of middle-aged and older adults: The TromsÅ, study 2015-2016. <i>Journal of Sleep Research</i> , 2021, 30, e13095.	1.7	33
1980	The immediate impact of the 2019 novel coronavirus (COVID-19) outbreak on subjective sleep status. <i>Sleep Medicine</i> , 2021, 77, 348-354.	0.8	184
1981	Tired and lack focus? Insomnia increases distractibility. <i>Journal of Health Psychology</i> , 2021, 26, 795-804.	1.3	5
1982	Sleep and Interpersonal Violence: A Systematic Review. <i>Trauma, Violence, and Abuse</i> , 2021, 22, 359-369.	3.9	33
1983	Brain mechanisms of insomnia: new perspectives on causes and consequences. <i>Physiological Reviews</i> , 2021, 101, 995-1046.	13.1	195
1984	Associations of Sleep-disordered Breathing and Insomnia with Incident Hypertension and Diabetes. The Hispanic Community Health Study/Study of Latinos. <i>American Journal of Respiratory and Critical Care Medicine</i> , 2021, 203, 356-365.	2.5	48
1985	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
1986	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
1987	Validity and reliability of the Persian version of the Insomnia Diurnal Impact Scale (IDIS). <i>Sleep and Breathing</i> , 2021, 25, 449-457.	0.9	0

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1989	The European Portuguese version of the insomnia severity index. <i>Journal of Sleep Research</i> , 2021, 30, e13198.	1.7	15
1990	Altered thalamic connectivity in insomnia disorder during wakefulness and sleep. <i>Human Brain Mapping</i> , 2021, 42, 259-270.	1.9	37
1991	Employee Sleep Enhancement and Fatigue Reduction Programs: Analysis of the 2017 CDC Workplace Health in America Poll. <i>American Journal of Health Promotion</i> , 2021, 35, 503-513.	0.9	20
1992	Insomnia and the risk of hypertension: A meta-analysis of prospective cohort studies. <i>Sleep Medicine Reviews</i> , 2021, 56, 101403.	3.8	38
1993	A practical nutritional guide for the management of sleep disturbances in menopause. <i>International Journal of Food Sciences and Nutrition</i> , 2021, 72, 432-446.	1.3	11
1994	Difficulty in initiating sleep is associated with poor morning cardiovascular function. <i>Psychiatry Research</i> , 2021, 295, 113518.	1.7	8
1995	Sleep characteristics across the lifespan in 1.1-million people from the Netherlands, United Kingdom and United States: a systematic review and meta-analysis. <i>Nature Human Behaviour</i> , 2021, 5, 113-122.	6.2	193
1996	The heritability of insomnia: A meta-analysis of twin studies. <i>Genes, Brain and Behavior</i> , 2021, 20, e12717.	1.1	12
1997	Simultaneous determination of YZG-331 and its metabolites in monkey blood by liquid chromatography-tandem mass spectrometry. <i>Journal of Pharmaceutical and Biomedical Analysis</i> , 2021, 193, 113720.	1.4	3
1998	Prevalence of symptoms of depression, anxiety, insomnia, posttraumatic stress disorder, and psychological distress among populations affected by the COVID-19 pandemic: A systematic review and meta-analysis. <i>Psychiatry Research</i> , 2021, 295, 113599.	1.7	609
1999	Behavioral and psychological treatments for chronic insomnia disorder in adults: an American Academy of Sleep Medicine systematic review, meta-analysis, and GRADE assessment. <i>Journal of Clinical Sleep Medicine</i> , 2021, 17, 263-298.	1.4	131
2000	Short-term insomnia disorder in health care workers in an academic medical center before and during COVID-19: rates and predictive factors. <i>Journal of Clinical Sleep Medicine</i> , 2021, 17, 749-755.	1.4	21
2001	Biological pathways underlying the association between habitual long-sleep and elevated cardiovascular risk in adults. <i>Sleep Medicine</i> , 2021, 78, 135-140.	0.8	12
2002	Can foot reflexology be a complementary therapy for sleep disturbances? Evidence appraisal through a meta-analysis of randomized controlled trials. <i>Journal of Advanced Nursing</i> , 2021, 77, 1683-1697.	1.5	10
2003	Typologies of individuals vulnerable to insomnia: a two-step cluster analysis. <i>Sleep and Biological Rhythms</i> , 2021, 19, 33-44.	0.5	6
2004	Validation of insomnia questionnaires in the general population: The Nord-Trøndelag Health Study (HUNT). <i>Journal of Sleep Research</i> , 2021, 30, e13222.	1.7	20
2005	Patient characteristics associated with sleep disturbance in breast cancer survivors. <i>Supportive Care in Cancer</i> , 2021, 29, 2601-2611.	1.0	18

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2007	Sleep disorders in attention-deficit hyperactivity disorder and autism spectrum disorder: a pragmatic approach to assessment and management. <i>BJ Psych Advances</i> , 2021, 27, 320-332.	0.5	2
2008	The pains of detainment: Experience of time and coping strategies at immigration detention centres. <i>Theoretical Criminology</i> , 2021, 25, 88-106.	1.4	7
2009	Types of insomnia. , 2021, , .		0
2010	Sleep Disorders in Children and Adolescents. , 2021, , .		0
2011	Schlafst�rungen im Alter. , 2021, , 125-137.		0
2012	Sleeping habits of medical students in King Saud bin Abdulaziz University for Health Sciences. <i>Journal of Biochemical and Clinical Genetics</i> , 0, , 1211-1216.	0.1	0
2013	Future directions in insomnia diagnosis and treatment. , 2023, , 259-267.		2
2014	Sleep Disturbances and Physical Impairment: A Systematic Review and Meta-Analysis. <i>Physical and Occupational Therapy in Geriatrics</i> , 2021, 39, 258-281.	0.2	3
2015	Automated Sleep Staging of Human Polysomnography Recordings Using Single-Channel of EEG Signals. <i>Lecture Notes in Mechanical Engineering</i> , 2021, , 183-192.	0.3	0
2016	My job impacts my sleep: signs and symptoms of insomnia among healthcare workers. <i>Industrial Health</i> , 2021, 59, 86-98.	0.4	6
2017	Insomnia: clinical presentation, diagnostic characterization, and etiological considerations. , 2023, , 34-43.		0
2019	Effect of Obstructive Sleep Apnea on Immunity in Cases of Chronic Rhinosinusitis With Nasal Polyps. <i>Clinical and Experimental Otorhinolaryngology</i> , 2021, 14, 390-398.	1.1	11
2021	Prevalence and associated factors of circadian rhythm sleep-wake disorders and insomnia among visually impaired Japanese individuals. <i>BMC Public Health</i> , 2021, 21, 31.	1.2	4
2022	Progress in Insomnia and Change of Cerebral Blood Flow. <i>International Journal of Psychiatry and Neurology</i> , 2021, 10, 52-57.	0.1	0
2023	Why Treat Insomnia?. <i>Journal of Primary Care and Community Health</i> , 2021, 12, 215013272110140.	1.0	16
2026	Etiology and pathogenesis of insomnia. , 2021, , .		0
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2031	Mediating Effect of Perceived Stress on the Association between Physical Activity and Sleep Quality among Chinese College Students. <i>International Journal of Environmental Research and Public Health</i> , 2021, 18, 289.	1.2	28
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2038	Effects of Cognitive Behavioral Therapy for Insomnia on Subjective—Objective Sleep Discrepancy in Patients with Primary Insomnia: a Small-Scale Cohort Pilot Study. <i>International Journal of Behavioral Medicine</i> , 2021, 28, 715-726.	0.8	13
2039	Tobacco cigarette smokers who endorse greater intolerance for nicotine withdrawal also report more severe insomnia symptoms.. <i>Experimental and Clinical Psychopharmacology</i> , 2022, 30, 269-278.	1.3	0
2040	Dynamic Prevalence of Sleep Disorders Following Stroke or Transient Ischemic Attack. <i>Stroke</i> , 2021, 52, 655-663.	1.0	46
2041	Prevalence and associated factors of DSM-5 insomnia disorder in the general population of Qatar. <i>BMC Psychiatry</i> , 2021, 21, 84.	1.1	14
2042	Therapeutic effects of Silexan on somatic symptoms and physical health in patients with anxiety disorders: A meta-analysis. <i>Brain and Behavior</i> , 2021, 11, e01997.	1.0	11
2043	Sleep quality and its predictors among hospital-based nurses: a cross-sectional study. <i>Sleep and Breathing</i> , 2021, 25, 2269-2275.	0.9	9
2044	Trastornos del sueño-vigilia como marcadores de ideación suicida: una revisión sistemática de la literatura. <i>Research, Society and Development</i> , 2021, 10, e34610212736.	0.0	1
2045	Depressive Symptoms in Comorbid Obstructive Sleep Apnea and Insomnia: An Integrative Review. <i>Western Journal of Nursing Research</i> , 2021, , 019394592198965.	0.6	9
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2050	Factors associated with suicide risk among Chinese adults: A prospective cohort study of 0.5 million individuals. <i>PLoS Medicine</i> , 2021, 18, e1003545.	3.9	23
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2052	Sleep disorders in migraine. <i>Meditinskiy Sovet</i> , 2021, , 111-120.	0.1	2
2053	Prevalence and clinical correlates of insomnia symptoms and their association with quality of life in Chinese patients with HBV-related liver disease. <i>PeerJ</i> , 2021, 9, e10956.	0.9	2
2054	Disrupted frontostriatal connectivity in primary insomnia: a DTI study. <i>Brain Imaging and Behavior</i> , 2021, 15, 2524-2531.	1.1	8
2055	Why Do They Fall? The Impact of Insomnia on Gait of Older Adults: A Caseâ€“Control Study. <i>Nature and Science of Sleep</i> , 2021, Volume 13, 329-338.	1.4	9
2056	Deep Learning in Automatic Sleep Staging With a Single Channel Electroencephalography. <i>Frontiers in Physiology</i> , 2021, 12, 628502.	1.3	31
2057	Effect of trazodone versus cognitiveâ€“behavioural treatment on highâ€“and slowâ€“frequency activity during nonâ€“rapid eye movement sleep in chronic insomnia: A pilot, randomized clinical trial. <i>Journal of Sleep Research</i> , 2021, 30, e13324.	1.7	7
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2059	Impact of a brief behavioral treatment for insomnia (BBTi) on metacognition in older adults. <i>Sleep Medicine</i> , 2021, 80, 286-293.	0.8	2
2060	Changes in gut microbiota composition and their associations with cortisol, melatonin and interleukin 6 in patients with chronic insomnia. <i>Bulletin of Russian State Medical University</i> , 2021, , .	0.3	0
2061	Music-based Intervention for Improving Sleep Quality of Adults without Sleep Disorder: A Systematic Review and Meta-analysis. <i>Behavioral Sleep Medicine</i> , 2022, 20, 241-259.	1.1	6
2062	Quality of Sleep and Related Factors on Elderly Residents of the Nursing Homes. <i>Konuralp Tip Dergisi</i> , 0, , .	0.1	3
2063	Frailty is associated with poor sleep quality in the oldest old. <i>Turkish Journal of Medical Sciences</i> , 2021, 51, 540-546.	0.4	11
2064	Maternal insomnia during the COVID-19 pandemic: associations with depression and anxiety. <i>Social Psychiatry and Psychiatric Epidemiology</i> , 2021, 56, 1477-1485.	1.6	15
2065	Associations of positive and adverse childhood experiences and adulthood insomnia in a community sample of Chinese adults. <i>Sleep Medicine</i> , 2021, 80, 46-51.	0.8	16

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2068	Investigation of acupuncture in improving sleep, cognitive and emotion based on attenuation of oxidative stress in prefrontal cortex in sleep-deprived rats. <i>Journal of Acupuncture and Tuina Science</i> , 2021, 19, 157-166.	0.1	3
2069	Cardiovascular Endurance Modifies the Link between Subjective Sleep Quality and Entorhinal Cortex Thickness in Younger Adults. <i>Medicine and Science in Sports and Exercise</i> , 2021, 53, 2131-2139.	0.2	1
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2072	Effects of light-to-moderate intensity aerobic exercise on objectively measured sleep parameters among community-dwelling older people. <i>Archives of Gerontology and Geriatrics</i> , 2021, 94, 104336.	1.4	5
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2074	Sleep Disturbances in Frontline Health Care Workers During the COVID-19 Pandemic: Social Media Survey Study. <i>Journal of Medical Internet Research</i> , 2021, 23, e27331.	2.1	36
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2076	Sleep and Cognition in People with Autism Spectrum Condition: A Systematic Literature Review. <i>Review Journal of Autism and Developmental Disorders</i> , 0, , 1.	2.2	4
2077	Age and gender differences in objective sleep properties using large-scale body acceleration data in a Japanese population. <i>Scientific Reports</i> , 2021, 11, 9970.	1.6	19
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2079	The risk factors for insomnia and sleep-disordered breathing in military communities: A meta-analysis. <i>PLoS ONE</i> , 2021, 16, e0250779.	1.1	6
2080	The prevalence and impact of pre-existing sleep disorder diagnoses and objective sleep parameters in patients hospitalized for COVID-19. <i>Journal of Clinical Sleep Medicine</i> , 2021, 17, 1039-1050.	1.4	33
2081	Protocol for Digital Real-world Evidence trial for Adults with insomnia treated via Mobile (DREAM): an open-label trial of a prescription digital therapeutic for treating patients with chronic insomnia. <i>Journal of Comparative Effectiveness Research</i> , 2021, 10, 569-581.	0.6	5
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2083	Primary care provider evaluation and management of insomnia. <i>Journal of Clinical Sleep Medicine</i> , 2021, 17, 1083-1091.	1.4	13
2084	Prevalence and Characteristics of Insomnia Problems Among Adults in Central Istria. <i>Archives of Psychiatry Research</i> , 2021, 57, 147-158.	0.6	0

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2086	Associations between sleep disturbances, diabetes and mortality in the UK Biobank cohort: A prospective population-based study. <i>Journal of Sleep Research</i> , 2021, 30, e13392.	1.7	10
2087	Initial Low Levels of Suicidal Ideation Still Improve After Cognitive Behavioral Therapy for Insomnia in Regular Psychiatric Care. <i>Frontiers in Psychiatry</i> , 2021, 12, 676962.	1.3	4
2088	Sleep, Aging, and Daily Functioning. <i>Nursing Clinics of North America</i> , 2021, 56, 287-298.	0.7	5
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2090	Postpartum sleep loss and accelerated epigenetic aging. <i>Sleep Health</i> , 2021, 7, 362-367.	1.3	20
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2092	The Different Faces of Insomnia. <i>Frontiers in Psychiatry</i> , 2021, 12, 683943.	1.3	10
2093	Sleep Disturbances During the Menopausal Transition: The Role of Sleep Reactivity and Arousal Predisposition. <i>Behavioral Sleep Medicine</i> , 2022, 20, 500-512.	1.1	9
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2095	Chronic <i>Toxoplasma gondii</i> infection and sleep-wake alterations in mice. <i>CNS Neuroscience and Therapeutics</i> , 2021, 27, 895-907.	1.9	3
2096	Relationship of Subjective and Objective Sleep Quality with Caregiver Burden in Patients with Alzheimer's Disease. <i>Sleep Medicine Research</i> , 2021, 12, 36-43.	0.2	0
2097	Zolpidem: Efficacy and Side Effects for Insomnia. <i>Health Psychology Research</i> , 2021, 9, 24927.	0.6	23
2098	Workaholism, Sleep Disorders, and Potential E-Learning Impacts among Menoufia University Staff during Covid-19 Pandemic. <i>Journal of Public Health Research</i> , 2021, 10, jphr.2021.2203.	0.5	7
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2101	Effects of Exercise on Sleep Quality and Insomnia in Adults: A Systematic Review and Meta-Analysis of Randomized Controlled Trials. <i>Frontiers in Psychiatry</i> , 2021, 12, 664499.	1.3	48
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2104	Temperament, sleep quality, and insomnia severity in university students: Examining the mediating and moderating role of sleep hygiene. <i>PLoS ONE</i> , 2021, 16, e0251557.	1.1	7
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2107	Prisoner's insomnia prevalence, insomnia associated factors and interventions with sleep as an outcome: a review and narrative analysis. <i>International Journal of Prisoner Health</i> , 2022, 18, 27-42.	0.5	1
2108	Is there any relation between arterial stiffness and insomnia? A challenging question. <i>Sleep and Breathing</i> , 2022, 26, 333-338.	0.9	1
2109	Abuse in Childhood and Risk for Sleep Disruption in Adulthood in the Black Women's Health Study. <i>Sleep Medicine</i> , 2021, 83, 260-270.	0.8	6
2111	Insomnia symptom subtypes and manifestations of prodromal neurodegeneration: a population-based study in the Canadian Longitudinal Study on Aging. <i>Journal of Clinical Sleep Medicine</i> , 2022, 18, 345-359.	1.4	5
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2113	Features of age-related response to sleep deprivation: in vivo experimental studies. <i>Aging</i> , 2021, 13, 19108-19126.	1.4	7
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2116	Treating co-morbid insomnia and social anxiety disorder with sequential CBT protocols: a single-case experimental study. <i>Behavioural and Cognitive Psychotherapy</i> , 2021, 49, 641-657.	0.9	2
2117	Persistent sleep disturbance after spine surgery is associated with failure to achieve meaningful improvements in pain and health-related quality of life. <i>Spine Journal</i> , 2021, 21, 1325-1331.	0.6	8
2118	The heritability of insomnia: Systematic review and meta-analysis of twin studies. <i>Sleep Medicine Reviews</i> , 2021, 58, 101437.	3.8	18
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2121	A systematic analysis of ICSD-3 diagnostic criteria and proposal for further structured iteration. <i>Sleep Medicine Reviews</i> , 2021, 58, 101439.	3.8	24

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2123	Insomnia, a new modifiable risk factor for heart failure?. <i>European Heart Journal</i> , 2021, 42, 4177-4179.	1.0	5
2124	A phase 1 double-blind, placebo-controlled study of zuranolone (SAGE-217) in a phase advance model of insomnia in healthy adults. <i>Human Psychopharmacology</i> , 2022, 37, e2806.	0.7	9
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2126	Heart Rate Variability and Psychometric Analysis in Patients with Hyperactive Heart Fire Syndrome. <i>JAMS Journal of Acupuncture and Meridian Studies</i> , 2021, 14, 137-148.	0.3	2
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2128	Implementation of a digital cognitive behavioral therapy for insomnia pathway in primary care. <i>Contemporary Clinical Trials</i> , 2021, 107, 106484.	0.8	8
2129	Use of digital health technologies to examine subjective and objective sleep with next-day cognition and daily indicators of health in persons with and without HIV. <i>Journal of Behavioral Medicine</i> , 2022, 45, 62-75.	1.1	5
2130	Paradoxical intention for insomnia: A systematic review and meta-analysis. <i>Journal of Sleep Research</i> , 2022, 31, e13464.	1.7	6
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2132	Prevalence of chronic insomnia in patients with obstructive sleep apnea. <i>Revista Brasileira De Psiquiatria</i> , 2021, 43, 370-375.	0.9	9
2133	Depression, anxiety, and insomnia symptoms among patients with COVID-19: It might be too soon for conclusions. <i>Journal of Psychosomatic Research</i> , 2021, 148, 110567.	1.2	0
2134	Cigarette use, anxiety, and insomnia from adolescence to early adulthood: A longitudinal indirect effects test. <i>Addictive Behaviors</i> , 2021, 120, 106981.	1.7	1
2135	A network meta-analysis of the long- and short-term efficacy of sleep medicines in adults and older adults. <i>Neuroscience and Biobehavioral Reviews</i> , 2021, 131, 489-496.	2.9	13
2136	Sleep duration and quality among U.S. adults with epilepsy: National Health Interview Survey 2013, 2015, and 2017. <i>Epilepsy and Behavior</i> , 2021, 122, 108194.	0.9	4
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2139	The Prevalence of Depressive and Insomnia Symptoms, and Their Association With Quality of Life Among Older Adults in Rural Areas in China. <i>Frontiers in Psychiatry</i> , 2021, 12, 727939.	1.3	14
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2295	Sleep disturbance and the older worker: findings from the Health and Employment after Fifty study. <i>Scandinavian Journal of Work, Environment and Health</i> , 2017, 43, 136-145.	1.7	25
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2303	A Prospective Questionnaire Study in 100 Healthy Sleepers: Non-Bothersome Forms of Recognizable Sleep Disorders Are Still Present. <i>Journal of Clinical Sleep Medicine</i> , 2014, 10, 623-629.	1.4	28
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2315	Prevalence of insomnia in shift workers: a systematic review. <i>Sleep Science</i> , 2021, 14, 47-54.	0.4	6
2316	Oriental Medical Treatment Pattern of Korean Patients with Sleep Disorders. <i>Journal of Oriental Neuropsychiatry</i> , 2014, 25, 389-400.	0.1	1
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