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Meta-analysis of short sleep duration and obesity in children and adults

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#	Paper	IF	Citations
1556	The association between sleep duration and obesity in older adults. <b>2008</b> , 32, 1825-34		187
1555	Is losing sleep making us obese?. <b>2008</b> , 33, 272-278		4
1554	Correlates of short and long sleep duration: a cross-cultural comparison between the United Kingdom and the United States: the Whitehall II Study and the Western New York Health Study. <b>2008</b> , 168, 1353-64		246
1553	Is sleep duration related to obesity? A critical review of the epidemiological evidence. <b>2008</b> , 12, 289-98		295
1552	Is sleep duration associated with obesity-where do U stand?. <b>2008</b> , 12, 299-302		24
1551	Metabolic consequences of sleep and sleep loss. <b>2008</b> , 9 Suppl 1, S23-8		464
1550	Increasing sleep duration for a healthier (and less obese?) population tomorrow. <i>Sleep</i> , <b>2008</b> , 31, 593-4	1.1	259
1549	Sleep and diabetes in older adults. 107-120		
1548	Dubious bargain: trading sleep for Leno and Letterman. <i>Sleep</i> , <b>2009</b> , 32, 747-52	1.1	60
1547	Sleep duration and obesity in children: is the association dependent on age and choice of the outcome parameter?. <i>Sleep</i> , <b>2009</b> , 32, 1183-9	1.1	42
1546	The effect of weekend and holiday sleep compensation on childhood overweight and obesity. <b>2009</b> , 124, e994-e1000		103
1545	Sleep deprivation, physician performance, and patient safety. <b>2009</b> , 136, 1389-1396		86
1544	Associations between sleeping habits and food consumption patterns among 10-11-year-old children in Finland. <b>2009</b> , 102, 1531-7		104
1543	Sleep modulates hypertension in leptin-deficient obese mice. <b>2009</b> , 53, 251-5		34
1542	Sleep, sleep-disordered breathing and metabolic consequences. <b>2009</b> , 34, 243-60		237
1541	Reduced sleep duration or quality: relationships with insulin resistance and type 2 diabetes. <b>2009</b> , 51, 381-91		89
1540	Difficulty in resuming or inability to resume sleep and the links to daytime impairment: definition, prevalence and comorbidity. <b>2009</b> , 43, 934-40		24

1539	Potential determinants of obesity among children and adolescents in Germany: results from the cross-sectional KiGGS Study. <b>2009</b> , 9, 46		139
1538	Long sleep duration and childhood overweight/obesity and body fat. <b>2009</b> , 21, 371-6		70
1537	Wheezing, sleeping, and worrying: The hidden risks of asthma and obesity in school-age children. <b>2009</b> , 46, 728-738		4
1536	Sleep Disturbance in Bipolar Disorder Across the Lifespan. <b>2009</b> , 16, 256-277		79
1535	Obesity and physical inactivity: the relevance of reconsidering the notion of sedentariness. <b>2009</b> , 2, 249-54		40
1534	Effects of poor and short sleep on glucose metabolism and obesity risk. <b>2009</b> , 5, 253-61		561
1533	Sleep curtailment is accompanied by increased intake of calories from snacks. <b>2009</b> , 89, 126-33		504
1532	Cross-sectional and longitudinal associations between objectively measured sleep duration and body mass index: the CARDIA Sleep Study. <b>2009</b> , 170, 805-13		180
1531	Medical versus surgical interventions for the metabolic complications of obesity in children. <b>2009</b> , 18, 168-75		4
1530	The adverse consequences of sleep disturbance in pediatric bipolar disorder: implications for intervention. <b>2009</b> , 18, 321-38, viii		29
1529	Gender Differences in the Cross-Sectional Relationships Between Sleep Duration and Markers of inflammation: Whitehall II Study. <i>Sleep</i> , <b>2009</b> ,	1.1	3
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1527	Sleep duration and hyperglycemia among obese and nonobese children aged 3 to 6 years. <b>2010</b> , 164, 46-52		27
1526	Prevalence and risk factors for obesity in Balearic Islands adolescents. <b>2010</b> , 103, 99-106		36
1525	Sleep disturbances in pregnancy. <b>2010</b> , 115, 77-83		257
1524	A population-based study of reduced sleep duration and hypertension: the strongest association may be in premenopausal women. <b>2010</b> , 28, 896-902		131
1523	Dietary patterns only partially explain the effect of short sleep duration on the incidence of obesity. <i>Sleep</i> , <b>2010</b> , 33, 753-7	1.1	81
1522	A 4-year study of the association between short sleep duration and change in body mass index in Japanese male workers. <b>2010</b> , 20, 385-90		35

1521	Sleep duration and all-cause mortality: a systematic review and meta-analysis of prospective studies. <i>Sleep</i> , <b>2010</b> , 33, 585-92	1.1	1202
1520	The association of sleep duration with adolescents' fat and carbohydrate consumption. <i>Sleep</i> , <b>2010</b> , 33, 1201-9	1.1	201
1519	Development and validation of patient-reported outcome measures for sleep disturbance and sleep-related impairments. <i>Sleep</i> , <b>2010</b> , 33, 781-92	1.1	410
1518	Association of short sleep duration with weight gain and obesity at 1-year follow-up: a large-scale prospective study. <i>Sleep</i> , <b>2010</b> , 33, 161-7	1.1	176
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1515	Social determinants of rest deprivation amongst Ghanaian women: national and urban-rural comparisons with data from a cross-sectional nationally representative survey. <b>2010</b> , 10, 580		2
1514	Body weight, metabolism and clock genes. <b>2010</b> , 2, 53		23
1513	Sleep: an important factor in stress-health models. <b>2010</b> , 26, 204-214		49
1512	Changes in sleep duration and changes in weight in obese patients: The Swedish Obese Subjects Study. <b>2010</b> , 8, 63-71		15
1511	Sleep and physical growth in infants during the first 6 months. <b>2010</b> , 19, 103-10		88
1510	Shortened sleep duration does not predict obesity in adolescents. <b>2010</b> , 19, 559-66		76
1509	Sleep duration and obesity in middle-aged Australian adults. <b>2010</b> , 18, 420-1		25
1508	Sleep duration and body-weight development during puberty in a Dutch children cohort. <b>2010</b> , 34, 1508-14		23
1507	A Twin Study of Sleep Duration and Body Mass Index. <b>2010</b> , 06, 11-17		72
1506	Examining the pathways linking chronic sleep restriction to obesity. <b>2010</b> , 2010,		38
1505	If you weigh too much, maybe you should try sleeping more. <i>Sleep</i> , <b>2010</b> , 33, 143-4	1.1	12
1504	Is time for sleep declining among Americans?. <i>Sleep</i> , <b>2010</b> , 33, 13-4	1.1	1

1503	Sleep duration and five-year abdominal fat accumulation in a minority cohort: the IRAS family study. <i>Sleep</i> , <b>2010</b> , 33, 289-95	1.1	87
1502	Treatment of obesity with extension of sleep duration: a randomized, prospective, controlled trial. <b>2010</b> , 7, 274-85		79
1501	Is sleep duration associated with obesity in older Australian adults?. <b>2010</b> , 22, 1235-55		28
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1498	Mental Health Benefits of Strength Training in Adults. <b>2010</b> , 4, 377-396		78
1497	Prevalence of diagnosed sleep disorders in pediatric primary care practices. <b>2010</b> , 125, e1410-8		158
1496	Sleep restriction is associated with increased morning plasma leptin concentrations, especially in women. <b>2010</b> , 12, 47-53		89
1495	Age-dependent association between sleep duration and hypertension in the adult Korean population. <b>2010</b> , 23, 1286-91		84
1494	Poor sleep and altered hypothalamic-pituitary-adrenocortical and sympatho-adrenal-medullary system activity in children. <b>2010</b> , 95, 2254-61		115
1493	Risk factors for adult overweight and obesity: the importance of looking beyond the 'big two'. <b>2010</b> , 3, 320-7		45
1492	Chronic sleep disturbance impairs glucose homeostasis in rats. <b>2010</b> , 2010, 819414		39
1491	Relationships between sleep duration and von Willebrand factor, factor VII, and fibrinogen: Whitehall II study. <b>2010</b> , 30, 2032-8		18
1490	Children's physical activity, TV watching and obesity in Cyprus: the CYKIDS study. <b>2010</b> , 20, 70-7		38
1489	Le manque de sommeil favorise-t-il l'obésité, le diabète et les maladies cardiovasculaires?. <b>2010</b> , 7, 15-22		1
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1486	Mortality associated with short sleep duration: The evidence, the possible mechanisms, and the future. <b>2010</b> , 14, 191-203		342

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1482	Relationships among dietary nutrients and subjective sleep, objective sleep, and napping in women. <b>2010</b> , 11, 180-4	129
1481	Sleep duration and obesity in a population-based study. <b>2010</b> , 11, 447-51	53
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1461	Association of inflammatory markers with cardiovascular risk and sleepiness. <b>2011</b> , 7, S31-3		23
1460	Sleep deprivation: biomarkers for identifying and predicting individual differences in response to sleep loss. 101-110		
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1458	La reducci3n del sue3o como factor de riesgo para obesidad. <b>2011</b> , 139, 932-940		10
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1456	Prevalence and impact of short sleep duration in redeployed OIF soldiers. <i>Sleep</i> , <b>2011</b> , 34, 1189-95	1.1	166
1455	Factors that influence weekday sleep duration in European children. <i>Sleep</i> , <b>2011</b> , 34, 633-9	1.1	67
1454	A review of weight control strategies and their effects on the regulation of hormonal balance. <b>2011</b> , 2011, 237932		26
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1452	Relationship of sleep quantity and quality with 24-hour urinary catecholamines and salivary awakening cortisol in healthy middle-aged adults. <i>Sleep</i> , <b>2011</b> , 34, 225-33	1.1	88
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1450	Longitudinal analysis of sleep in relation to BMI and body fat in children: the FLAME study. <b>2011</b> , 342, d2712		140

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1448	Insufficient Sleep Undermines Dietary Efforts to Reduce Adiposity. <b>2011</b> , 2011, 88-89		
1447	Insufficient Sleep Undermines Dietary Efforts to Reduce Adiposity. <b>2011</b> , 2011, 551-552		
1446	Effect of Caloric Restriction with and without Exercise on Metabolic Intermediates in Nonobese Men and Women. <b>2011</b> , 2011, 89-90		
1445	Weight Loss, Exercise, or Both and Physical Function in Obese Older Adults. <b>2011</b> , 2011, 552-554		
1444	Parental knowledge of healthy sleep in young children: results of a primary care clinic survey. <b>2011</b> , 32, 447-53		71
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1441	Sleep duration or bedtime? Exploring the relationship between sleep habits and weight status and activity patterns. <i>Sleep</i> , <b>2011</b> , 34, 1299-307	1.1	174
1440	Effects of oral estrogen and hypnotics on Japanese peri- and postmenopausal women with sleep disturbance. <b>2011</b> , 37, 741-9		24
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1436	Sleep quantity, quality and optimism in children. <b>2011</b> , 20, 12-20		57
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1431	Association of short and long sleep durations with insulin sensitivity in adolescents. <b>2011</b> , 158, 617-23	95
1430	Inflammatory pathways in children with insufficient or disordered sleep. <b>2011</b> , 178, 465-74	66
1429	Health behaviors and obesity among US children with attention deficit hyperactivity disorder by gender and medication use. <b>2011</b> , 52, 218-22	75
1428	Short self-reported sleep duration and suicidal behavior: a cross-sectional study. <b>2011</b> , 133, 239-46	37
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1426	Effects of three Kampo formulae: Tokishakuyakusan (TJ-23), Kamishoyosan (TJ-24), and Keishibukuryogan (TJ-25) on Japanese peri- and postmenopausal women with sleep disturbances. <b>2011</b> , 284, 913-21	53
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1413	Factors associated with childhood obesity in Spain. The OBICE study: a case-control study based on sentinel networks. <b>2011</b> , 14, 1105-13	14
1412	Sleep architecture and glucose and insulin homeostasis in obese adolescents. <b>2011</b> , 34, 2442-7	82
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1397	Western and Mediterranean dietary patterns among Balearic Islands' adolescents: socio-economic and lifestyle determinants. <b>2012</b> , 15, 683-92	55
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1392	Childhood sleep duration and associated demographic characteristics in an English cohort. <i>Sleep</i> , <b>2012</b> , 35, 353-60	1.1	129
1391	Sleep and insulin resistance in adolescents. <i>Sleep</i> , <b>2012</b> , 35, 1313-4	1.1	6
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1389	Association of leisure physical activity and sleep with cardiovascular risk factors in postmenopausal women. <b>2012</b> , 19, 413-9		12
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1387	A new challenge to widely held views on the role of sleep. <b>2012</b> , 157, 593-4		6
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1385	Childhood obesity and sleep: relatives, partners, or both?--a critical perspective on the evidence. <b>2012</b> , 1264, 135-41		46
1384	Troubles respiratoires au cours du sommeil et obésité <b>2012</b> , 7, 173-177		
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1381	Sleep restriction leads to increased activation of brain regions sensitive to food stimuli. <b>2012</b> , 95, 818-24		176
1380	Reduced physical activity in adults at risk for type 2 diabetes who curtail their sleep. <b>2012</b> , 20, 278-84		38
1379	Sleep and eating behavior in adults at risk for type 2 diabetes. <b>2012</b> , 20, 112-7		26
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1374	Partial sleep deprivation and energy balance in adults: an emerging issue for consideration by dietetics practitioners. <b>2012</b> , 112, 1785-97	35
1373	Insufficient Sleep as a Contributor to Weight Gain: An Update. <b>2012</b> , 1, 245-256	48
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1364	Longitudinal associations between sleep duration and subsequent weight gain: a systematic review. <b>2012</b> , 16, 231-41	239
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1361	Influence of chronic moderate sleep restriction and exercise on inflammation and carcinogenesis in mice. <b>2012</b> , 26, 672-9	26
1360	Long working hours and metabolic syndrome among Japanese men: a cross-sectional study. <b>2012</b> , 12, 395	44

1359	Differences in weight status and energy-balance related behaviors among schoolchildren in German-speaking Switzerland compared to seven countries in Europe. <b>2012</b> , 9, 139		15
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1357	Sleep Duration and Obesity among Adults Under 65 Years of Age and the Elderly in Taiwan. <b>2012</b> , 6, 27-32		2
1356	Sleep deprivation is associated with lower diet quality indices and higher rate of general and central obesity among young female students in Iran. <b>2012</b> , 28, 1146-50		87
1355	Insomnia is associated with impaired quality of life among bariatric surgery candidates. <b>2012</b> , 6, e91-e174		9
1354	Metabolic consequences of chronic sleep restriction in rats: changes in body weight regulation and energy expenditure. <b>2012</b> , 107, 322-8		44
1353	Sleep: a health imperative. <i>Sleep</i> , <b>2012</b> , 35, 727-34	1.1	382
1352	The association between sleep duration and weight in treatment-seeking preschoolers with obesity. <b>2012</b> , 13, 1102-5		14
1351	The Connection Between Sleep Loss, Obesity, and Type 2 Diabetes. <b>2012</b> , 133-168		1
1350	Insufficient Sleep and Cardiovascular Disease. <b>2012</b> , 179-189		
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719	Habitual sleep duration and sleep duration variation are independently associated with body mass index. <b>2018</b> , 42, 794-800	13
718	Characteristics and correlates of sleep duration, daytime napping, snoring and insomnia symptoms among 0.5 million Chinese men and women. <b>2018</b> , 44, 67-75	25
717	A meta-analysis of associations between obesity and insomnia diagnosis and symptoms. <b>2018</b> , 40, 170-182	36
716	Association between obesity and self-reported sleep duration variability, sleep timing, and age in the Japanese population. <b>2018</b> , 12, 187-194	14
715	Rest-activity circadian rhythm and sleep quality in patients with binge eating disorder. <b>2018</b> , 35, 198-207	23
714	Mutual influence of sleep and circadian clocks on physiology and cognition. <b>2018</b> , 119, 8-16	10
713	Effect of sleep curtailment on dietary behavior and physical activity: A randomized crossover trial. <b>2018</b> , 184, 60-67	19
712	Association between short sleep duration and body mass index in Australian Indigenous children. <b>2018</b> , 54, 49-54	10



711	Mediating effects of body mass index, physical activity, and emotional distress on the relationship between short sleep and cardiovascular disease. <b>2018</b> , 97, e11939	12
710	BTP: A Bedtime Predicting Algorithm via Smartphone Screen Status. <b>2018</b> , 2018, 1-11	0
709	Sugary beverage consumption mediates the relationship between late chronotype, sleep duration, and weight increase among undergraduates: a cross-sectional study. <b>2018</b> , 23, 63	19
708	Sleep and BMI: Do (Fitbit) bands aid?. <b>2018</b> , 7, 511	4
707	[Shift-workers and night-workers' health consequences: State of art and recommendations]. <b>2018</b> , 47, 991-999	13
706	Individual and average responses of sleep quality and daytime sleepiness after four weeks of strength training in adolescents. <b>2018</b> , 23,	
705	The Associations between Dietary Patterns and Short Sleep Duration in Polish Adults (LifeStyle Study). <b>2018</b> , 15,	8
704	Sleep Disorders. <b>2018</b> , 243-257	1
703	Evaluation and Management of Youth-Onset Type 2 Diabetes: A Position Statement by the American Diabetes Association. <b>2018</b> , 41, 2648-2668	127
702	Effects of Dietary Habits on Sleep Duration in Korean Adolescents: Based on Results from the 2016 Korean Youth Risk Behavior Web-based Survey. <b>2018</b> , 29, 440	2
701	The psychological and physiological health effects of fatigue. <b>2018</b> , 68, 502-511	22
700	Physical Activity and Sleep in Chronic Fatigue Syndrome and Fibromyalgia Syndrome: Associations with Symptom Severity in the General Population Cohort LifeLines. <b>2018</b> , 2018, 5801510	8
699	Geographic variation in the impact of a type 2 diabetes diagnosis on behavioural change: A longitudinal study using random effects within-between (REWB) models. <b>2018</b> , 54, 164-169	2
698	Maternal antenatal stress has little impact on child sleep: results from a prebirth cohort in Mexico City. <b>2018</b> , 4, 397-404	6
697	The Role of Objectively Measured, Altered Physical Activity Patterns for Body Mass Index Change during Inpatient Treatment in Female Patients with Anorexia Nervosa. <b>2018</b> , 7,	9
696	Sleep deprivation and obesity in adults: a brief narrative review. <b>2018</b> , 4, e000392	31
695	Habitual Sleep Measures are Associated with Overall Body Fat, and not Specifically with Visceral Fat, in Men and Women. <b>2018</b> , 26, 1651-1658	6
694	Addictive Eating and Its Relation to Physical Activity and Sleep Behavior. <b>2018</b> , 10,	13

693	Factors related with quality on sleep of daytime workers. <b>2018</b> , 30, 63		6
692	Bedtime is when bad stuff happens—Sleep problems in foster care alumni. <b>2018</b> , 95, 42-48		5
691	Assessment and initial management of suspected behavioural insomnia in pre-adolescent children. <b>2018</b> , 363, k3797		4
690	Overnight smartphone use: A new public health challenge? A novel study design based on high-resolution smartphone data. <b>2018</b> , 13, e0204811		22
689	Determinants of Binge Eating Symptoms in Children with Overweight/Obesity. <b>2018</b> , 14, 510-517		7
688	Sleep Duration and Excessive Daytime Sleepiness Are Associated with Obesity Independent of Diet and Physical Activity. <b>2018</b> , 10,		28
687	A rotating light cycle promotes weight gain and hepatic lipid storage in mice. <b>2018</b> , 315, G932-G942		16
686	The Mediating Role of Sleep Quality and Quantity in the Link Between Food Insecurity and Obesity Across Race and Ethnicity. <b>2018</b> , 26, 1509-1518		9
685	Proteomic analysis of rat serum revealed the effects of chronic sleep deprivation on metabolic, cardiovascular and nervous system. <b>2018</b> , 13, e0199237		11
684	Capacidade funcional de exercício e hábitos de vida de crianças escolares. <b>2018</b> , 25, 49-55		
683	A Longitudinal Study of Road Traffic Noise and Body Mass Index Trajectories from Birth to 8 Years. <b>2018</b> , 29, 729-738		16
682	Relationships among physical activity, sleep duration, diet, and academic achievement in a sample of adolescents. <b>2018</b> , 12, 71-74		17
681	Sleep and cardiometabolic health by government-assisted rental housing status among Black and White men and women in the United States. <b>2018</b> , 4, 420-428		7
680	Association between sleep pattern and body mass index among undergraduate health colleges—students at Qassim University, Saudi Arabia. <b>2018</b> , 8, 86		1
679	Neighborhood social cohesion and sleep outcomes in the Native Hawaiian and Pacific Islander National Health Interview Survey. <i>Sleep</i> , <b>2018</b> , 41,	1.1	17
678	Weight gain in first-semester university students: Positive sleep and diet practices associated with protective effects. <b>2018</b> , 194, 132-136		9
677	Rethinking the sleep-health link. <b>2018</b> , 4, 339-348		52
676	Assessing sleep health in a European population: Results of the Catalan Health Survey 2015. <b>2018</b> , 13, e0194495		21

675	Prenatal and Neonatal Factors Predicting Sleep Problems in Children Born Extremely Preterm or With Extremely Low Birthweight. <b>2018</b> , 6, 178		4
674	Clustering of Multiple Risk Behaviors Among a Sample of 18-Year-Old Australians and Associations With Mental Health Outcomes: A Latent Class Analysis. <b>2018</b> , 6, 135		28
673	Daily associations between objective sleep and consumption of highly palatable food in free-living conditions. <b>2018</b> , 4, 379-386		2
672	Poor Sleep and Obesity: Concurrent Epidemics in Adolescent Youth. <b>2018</b> , 9, 364		26
671	The Cost of Activity during the Rest Phase: Animal Models and Theoretical Perspectives. <b>2018</b> , 9, 72		5
670	Health outcomes associated with reallocations of time between sleep, sedentary behaviour, and physical activity: a systematic scoping review of isotemporal substitution studies. <b>2018</b> , 15, 69		120
669	Comparison of Wearable Trackers' Ability to Estimate Sleep. <b>2018</b> , 15,		44
668	Association of Early Introduction of Solids With Infant Sleep: A Secondary Analysis of a Randomized Clinical Trial. <b>2018</b> , 172, e180739		24
667	Insufficient Sleep Duration and Overweight/Obesity among Adolescents in a Chinese Population. <b>2018</b> , 15,		11
666	Intermittent Fasting, Insufficient Sleep, and Circadian Rhythm: Interaction and Effects on the Cardiometabolic System. <b>2018</b> , 4, 179-195		15
665	Neighborhood disadvantage is associated with actigraphy-assessed sleep continuity and short sleep duration. <i>Sleep</i> , <b>2018</b> , 41,	1.1	26
664	Reduced insulin sensitivity is correlated with impaired sleep in adolescents with cystic fibrosis. <b>2018</b> , 19, 1183-1190		2
663	Investigating the associations between productive housework activities, sleep hours and self-reported health among elderly men and women in western industrialised countries. <b>2018</b> , 18, 110		19
662	Predictors of persistent sleep problems among older disaster survivors: a natural experiment from the 2011 Great East Japan earthquake and tsunami. <i>Sleep</i> , <b>2018</b> , 41,	1.1	18
661	RETRACTED ARTICLE: A mathematical model to study the relationship between the dietary profiles, core body temperature and sleep profile in the high school students. <b>2018</b> , 16, 307-313		0
660	Self-Reported Sleep Duration and Quality and Cardiovascular Disease and Mortality: A Dose-Response Meta-Analysis. <b>2018</b> , 7, e008552		104
659	Sleep quality is differentially related to adiposity in adults. <b>2018</b> , 98, 46-51		12
658	The Neurobiological Basis of Sleep and Sleep Disorders. <b>2018</b> , 33, 317-327		10

657	The Cost of Sleep Lost: Implications for Health, Performance, and the Bottom Line. <b>2018</b> , 32, 1629-1634		7
656	The Relationship Among Morningness-Eveningness, Sleep Duration, Social Jetlag, and Body Mass Index in Asian Patients With Prediabetes. <b>2018</b> , 9, 435		15
655	Sleep Extension in Short Sleepers: An Evaluation of Feasibility and Effectiveness for Weight Management and Cardiometabolic Disease Prevention. <b>2018</b> , 9, 392		14
654	Inclusion of Sleep Promotion in Family-Based Interventions To Prevent Childhood Obesity. <b>2018</b> , 14, 485-500		17
653	Acute sleep loss results in tissue-specific alterations in genome-wide DNA methylation state and metabolic fuel utilization in humans. <b>2018</b> , 4, eaar8590		53
652	The economic cost of inadequate sleep. <i>Sleep</i> , <b>2018</b> , 41,	1.1	103
651	Objective Sleep Characteristics and Cardiometabolic Health in Young Adolescents. <b>2018</b> , 142,		39
650	Consequences of short sleep duration on the dietary intake in children: A systematic review and meta-analysis. <b>2018</b> , 42, 68-84		28
649	Differences in childhood body mass index between lesbian/gay and bisexual and heterosexual female adolescents: A follow-back study. <b>2018</b> , 13, e0196327		5
648	Stress and Obesity. <b>2019</b> , 70, 703-718		161
647	Early Life Socioeconomic Disparities in Children's Sleep: The Mediating Role of the Current Home Environment. <b>2019</b> , 48, 56-70		41
646	Sleep Duration and Obesity in Children and Adolescents. <b>2019</b> , 43, 146-152		29
645	Microsimulation model of child and adolescent overweight: making use of what we already know. <b>2019</b> , 43, 2322-2332		2
644	Pneumatic sensor for cardiorespiratory monitoring during sleep. <b>2019</b> , 5, 055014		4
643	Sleep Duration and Risk of Atrial Fibrillation: a Systematic Review. <b>2019</b> , 11, 2132		12
642	Effectiveness of school-based eHealth interventions to prevent multiple lifestyle risk behaviours among adolescents: a systematic review and meta-analysis. <b>2019</b> , 1, e206-e221		31
641	Associations of Infant Sleep Duration with Body Composition and Cardiovascular Health to Mid-Adolescence: The PEAS Kids Growth Study. <b>2019</b> , 15, 379-386		3
640	Weight Loss in Women Taking Flibanserin for Hypoactive Sexual Desire Disorder (HSDD): Insights Into Potential Mechanisms. <b>2019</b> , 7, 575-586		2

639	Morning Circadian Misalignment Is Associated With Insulin Resistance in Girls With Obesity and Polycystic Ovarian Syndrome. <b>2019</b> , 104, 3525-3534		25
638	Childhood sleep duration modifies the polygenic risk for obesity in youth through leptin pathway: the Beijing Child and Adolescent Metabolic Syndrome cohort study. <b>2019</b> , 43, 1556-1567		13
637	Over-indebtedness and its association with sleep and sleep medication use. <b>2019</b> , 19, 957		11
636	Association of sleep characteristics with cardiovascular health among women and differences by race/ethnicity and menopausal status: findings from the American Heart Association Go Red for Women Strategically Focused Research Network. <b>2019</b> , 5, 501-508		20
635	SleepNet: automated sleep analysis via dense convolutional neural network using physiological time series. <b>2019</b> , 40, 084005		6
634	Delayed sleep-onset and biological age: late sleep-onset is associated with shorter telomere length. <i>Sleep</i> , <b>2019</b> , 42,	1.1	6
633	How Do Family Role Overload and Work Interference with Family Affect the Life Satisfaction and Sleep Sufficiency of Construction Professionals?. <b>2019</b> , 16,		5
632	The Predictive Relationship of Health Related Quality of Life on Objectively-Measured Sleep in Children: A Comparison Across BMI Ranges. <b>2019</b> , 13, 1003		1
631	Is long-term exposure to air pollution associated with poor sleep quality in rural China?. <b>2019</b> , 133, 105205		25
630	Actigraphic Sleep and Dietary Macronutrient Intake in Children Aged 6-9 Years Old: A Pilot Study. <b>2019</b> , 11,		2
629	The Association Between Body Mass Index (BMI) and Sleep Duration: Where Are We after nearly Two Decades of Epidemiological Research?. <b>2019</b> , 16,		11
628	Sleep Apnea and Sleep Habits: Relationships with Metabolic Syndrome. <b>2019</b> , 11,		21
627	Multi-ancestry sleep-by-SNP interaction analysis in 126,926 individuals reveals lipid loci stratified by sleep duration. <b>2019</b> , 10, 5121		31
626	Light, Sleep, Alertness and Performance. <b>2019</b> , 169-186		
625	Cosleeping and sleep problems in children: a systematic review and meta-analysis. <b>2019</b> , 17, 367-378		6
624	Sleep Duration as an Indirect Link Between Sleep Timing and Weight in Midlife Women. <b>2019</b> , 28, 1543-1554		0
623	Social media and children: what is the paediatrician's role?. <b>2019</b> , 178, 1605-1612		6
622	The Healthy Children, Strong Families 2 (HCSF2) Randomized Controlled Trial Improved Healthy Behaviors in American Indian Families with Young Children. <b>2019</b> , 3, 53-62		11

621	Targeting Sleep Duration and Timing for Prevention of Adolescent Obesity. <b>2019</b> , 173, 1018-1020	4
620	Micronutrient Inadequacy in Short Sleep: Analysis of the NHANES 2005-2016. <b>2019</b> , 11,	18
619	Obesity in Pediatric Oncology: Assessment, Treatment Strategies, and Knowledge Gaps. <b>2019</b> , 2019, 139-143	1
618	Sleep and obesity: the mediating role of health behaviors among African Americans. <b>2019</b> , 5, 193-200	6
617	Heart Disease and Stroke Statistics-2019 Update: A Report From the American Heart Association. <b>2019</b> , 139, e56-e528	3937
616	Visibility graph analysis of temporal irreversibility in sleep electroencephalograms. <b>2019</b> , 96, 1-11	14
615	Dietary and Activity Factors Influence Poor Sleep and the Sleep-Obesity Nexus among Children. <b>2019</b> , 16,	6
614	Short Sleep Duration and Later Overweight in Infants. <b>2019</b> , 212, 13-19	7
613	Emergence of racial/ethnic differences in infant sleep duration in the first six months of life. <b>2019</b> , 1, 100003	8
612	The Effects of Sleep Loss on Brain Functioning. <b>2019</b> , 30, 545-556	1
611	Timing Modulates the Effect of Sleep Loss on Glucose Homeostasis. <b>2019</b> , 104, 2801-2808	11
610	Associations between Sleep Pattern and Quality and Cardiovascular Risk Factors among Macao School Students. <b>2019</b> , 15, 387-396	2
609	The effects of sleep extension on cardiometabolic risk factors: A systematic review. <b>2019</b> , 28, e12865	19
608	Cross-sectional and Prospective Associations of Actigraphy-Assessed Sleep Regularity With Metabolic Abnormalities: The Multi-Ethnic Study of Atherosclerosis. <b>2019</b> , 42, 1422-1429	48
607	Sleep Duration and Adiposity in Children and Adults: Observational and Mendelian Randomization Studies. <b>2019</b> , 27, 1013-1022	7
606	Specific physical activities, sedentary behaviours and sleep as long-term predictors of accelerometer-measured physical activity in 91,648 adults: a prospective cohort study. <b>2019</b> , 16, 41	13
605	Privation de sommeil, syndrome d'apnées obstructives du sommeil et obésité de l'adolescent : place des APA dans la prévention et le traitement de ces troubles. <b>2019</b> , 45-54	
604	Impact of sleep health on self-perceived health status. <b>2019</b> , 9, 7284	15

603	Diet quality, consumption of seafood and eggs are associated with sleep quality among Chinese urban adults: A cross-sectional study in eight cities of China. <b>2019</b> , 7, 2091-2102		8
602	Quality Improvement Initiative to Reduce Nighttime Noise in a Transplantation and Cellular Therapy Unit. <b>2019</b> , 25, 1844-1850		2
601	Short sleep duration is associated with specific food intake increase among school-aged children in China: a national cross-sectional study. <b>2019</b> , 19, 558		7
600	The Association between Habitual Sleep Duration and Sleep Quality with Glycemic Traits: Assessment by Cross-Sectional and Mendelian Randomization Analyses. <b>2019</b> , 8,		5
599	Electrophysiological Correlates of the Sleep/Wake Cycle. <b>2019</b> , 17-26		
598	Emotional response to perceived racism and nocturnal heart rate variability in young adult African Americans. <b>2019</b> , 121, 88-92		5
597	Seasonal changes in sleep duration and sleep problems: A prospective study in Japanese community residents. <b>2019</b> , 14, e0215345		20
596	Higher amounts of sedentary time are associated with short sleep duration and poor sleep quality in postmenopausal women. <i>Sleep</i> , <b>2019</b> , 42,	1.1	13
595	Association between nighttime-daytime sleep patterns and chronic diseases in Chinese elderly population: a community-based cross-sectional study. <b>2019</b> , 19, 124		8
594	Sleep and food intake. <b>2019</b> , 243-255		
593	"Their Sleep Means More Harmony": Maternal Perspectives and Experiences of Preschoolers' Sleep in Ethnically and Socioeconomically Diverse Families in Aotearoa/New Zealand. <b>2019</b> , 29, 2023-2034		5
592	Adherence to sleep guidelines reduces risk of overweight/obesity in addition to 8-5-2-1-0 guidelines among a large sample of adolescents in the United States. <b>2019</b> , 5, 444-451		3
591	Children's sleep and health: A meta-review. <b>2019</b> , 46, 136-150		81
590	Sleep: A Pathway Linking Personality to Mortality Risk. <b>2019</b> , 81, 11-24		4
589	Can green space quantity and quality help prevent postpartum weight gain? A longitudinal study. <b>2019</b> , 73, 295-302		18
588	A comprehensive diagnostic approach to detect underlying causes of obesity in adults. <b>2019</b> , 20, 795-804		31
587	Multiple poor sleep characteristics and metabolic abnormalities consistent with metabolic syndrome among white, black, and Hispanic/Latina women: modification by menopausal status. <b>2019</b> , 11, 17		18
586	Maternal Sleep in Pregnancy and Postpartum Part I: Mental, Physical, and Interpersonal Consequences. <b>2019</b> , 21, 20		21

585	Sleep duration and body mass index: moderating effect of self-perceived stress and age. Results of a cross-sectional population-based study. <b>2019</b> , 24, 1089-1097	5
584	Rested-Baseline Responsivity of the Ventral Striatum Is Associated With Caloric and Macronutrient Intake During One Night of Sleep Deprivation. <b>2018</b> , 9, 749	2
583	A Simultaneous Cluster Analysis of Cognitive, Emotional, and Personality Factors and Insomnia and Sleep Quality Among Earthquake Victims. <b>2019</b> , 13, 745-752	4
582	Household income, active travel, and their interacting impact on body mass index in a sample of urban Canadians: a Bayesian spatial analysis. <b>2019</b> , 18, 4	5
581	Multi-behavioral obesogenic phenotypes among school-aged boys and girls along the birth weight continuum. <b>2019</b> , 14, e0212290	
580	Long-Term Associations Between Disaster Experiences and Cardiometabolic Risk: A Natural Experiment From the 2011 Great East Japan Earthquake and Tsunami. <b>2019</b> , 188, 1109-1119	11
579	To Sleep, Perchance to Dream: Acute and Chronic Sleep Deprivation in Acute Care Surgeons. <b>2019</b> , 229, 166-174	10
578	Experimental sleep restriction effect on adult body weight: a meta-analysis. <b>2019</b> , 23, 1341-1350	5
577	The Association of Having a Late Dinner or Bedtime Snack and Skipping Breakfast with Overweight in Japanese Women. <b>2019</b> , 2019, 2439571	23
576	Association of daytime napping with incident cardiovascular disease in a community-based population. <b>2019</b> , 57, 128-134	9
575	The Association between Health Conditions in World Trade Center Responders and Sleep-Related Quality of Life and Sleep Complaints. <b>2019</b> , 16,	5
574	Dose-response association between sleep duration and obesity risk: a systematic review and meta-analysis of prospective cohort studies. <b>2019</b> , 23, 1035-1045	24
573	Beneficial effects of a lifestyle intervention program on C-reactive protein: impact of cardiorespiratory fitness in obese adolescents with sleep disturbances. <b>2019</b> , 316, R376-R386	8
572	Educating Future Physicians in Nutritional Science and Practice: The Time Is Now. <b>2019</b> , 38, 387-394	10
571	Sleep, energy balance, and meal timing in school-aged children. <b>2019</b> , 60, 139-144	12
570	Objectively measured sleep and body mass index: a prospective bidirectional study in middle-aged and older adults. <b>2019</b> , 57, 43-50	14
569	Work and Health Correlates of Sleep Quantity and Quality Among Correctional Nurses. <b>2019</b> , 15, 42-51	3
568	Longitudinal Associations of Sleep Duration, Morning and Evening Cortisol, and BMI During Childhood. <b>2019</b> , 27, 645-652	5



567	Sleep and Obesity in Children and Adolescents. <b>2019</b> , 147-178	7
566	Human Heart Rhythms Synchronize While Co-sleeping. <b>2019</b> , 10, 190	5
565	Sleep modulates haematopoiesis and protects against atherosclerosis. <b>2019</b> , 566, 383-387	149
564	Sleep: population epidemiology and concordance in Australian children aged 11-12 years and their parents. <b>2019</b> , 9, 127-135	13
563	Brief Literature Review: The Potential of Diabetes Technology to Improve Sleep in Youth With Type 1 Diabetes and Their Parents: An Unanticipated Benefit of Hybrid Closed-Loop Insulin Delivery Systems. <b>2019</b> , 32, 284-287	3
562	Why do people overeat? Hunger, psychological eating and type 2 diabetes. <b>2019</b> , 36, 136	0
561	Republication de : Le travail posté et de nuit et ses conséquences sur la santé État des lieux et recommandations. <b>2019</b> , 16, 191-199	0
560	The Effect of Sleep Curtailment on Hedonic Responses to Liquid and Solid Food. <b>2019</b> , 8,	1
559	Pediatric Obesity Education Educational Components. <b>2019</b> , 8, 3-6	
558	It's Good, It's Delicious, It's Great <b>2019</b> , 34, 100-113	2
557	Project STARLIT: protocol of a longitudinal study of habitual sleep trajectories, weight gain, and obesity risk behaviors in college students. <b>2019</b> , 19, 1720	2
556	Association between weekend catch-up sleep and health-related quality of life of Korean adults. <b>2019</b> , 98, e14966	11
555	Causal Effect of Sleep Duration on Body Weight in Adolescents: A Population-based Study Using a Natural Experiment. <b>2019</b> , 30, 876-884	5
554	Effect of Sleep Quality on the Prevalence of Sarcopenia in Older Adults: A Systematic Review with Meta-Analysis. <b>2019</b> , 8,	19
553	The Combined Impact of Sleep and Diet on Adiposity in Infants, Toddlers, and Young Children: A Systematic Review. <b>2019</b> , 40, 224-236	5
552	Sleep and Sleep Disruption. <b>2019</b> , 103-129	
551	Exercise, Weight, and Sleep. <b>2019</b> , 331-338	
550	Associations between screen time and sleep duration are primarily driven by portable electronic devices: evidence from a population-based study of U.S. children ages 0-17. <b>2019</b> , 56, 211-218	52

549	Sleep influences on cardio-metabolic health in Indigenous populations. <b>2019</b> , 59, 78-87		4
548	No wink of sleep: Population sleep characteristics in response to the brexit poll and the 2016 U.S. presidential election. <b>2019</b> , 222, 112-121		6
547	Cross-sectional and longitudinal associations between psychosocial well-being and sleep in European children and adolescents. <b>2019</b> , 28, e12783		16
546	Sleep and cancer incidence in Alberta's Tomorrow Project cohort. <i>Sleep</i> , <b>2019</b> , 42,	1.1	11
545	Assessing potential shared genetic aetiology between body mass index and sleep duration in 142,209 individuals. <b>2019</b> , 43, 207-214		3
544	Later high school start times associated with longer actigraphic sleep duration in adolescents. <i>Sleep</i> , <b>2019</b> , 42,	1.1	27
543	The mediating role of sleep in the relationship between Indigenous status and body mass index in Australian school-aged children. <b>2019</b> , 55, 915-920		4
542	Longer sleep duration during infancy and toddlerhood predicts weight normalization among high birth weight infants. <i>Sleep</i> , <b>2019</b> , 42,	1.1	6
541	Bariatric Endocrinology. <b>2019</b> ,		
540	Translational Ayurveda. <b>2019</b> ,		1
539	Time to think: Subjective sleep quality, trait anxiety and university start time. <b>2019</b> , 271, 214-219		25
538	Multi-etiological Perspective on Child Obesity Prevention. <b>2019</b> , 8, 1		13
537	Sleep, Abdominal Obesity, and Metabolic Syndrome. <b>2019</b> , 3-18		
536	Abdominal Obesity in Children: The Role of Physical Activity, Sedentary Behavior, and Sleep Time. <b>2019</b> , 81-94		2
535	Sleep duration and quality are associated with eating behavior in low-income toddlers. <b>2019</b> , 135, 100-107		14
534	Sleep patterns, mobile phone use and psychological symptoms among adolescents in coastal developed city of China: an exploratory cross-sectional study. <b>2019</b> , 17, 233-241		4
533	[Importance of sleep and circadian rhythm for energy metabolism]. <b>2019</b> , 60, 122-127		5
532	Smart technologies toward sleep monitoring at home. <b>2019</b> , 9, 73-85		27

531	The association between food deserts and short sleep duration among young adults in the United States: variation by race and ethnicity. <b>2019</b> , 5, 128-134		3
530	Physical Manifestations of Obesity. <b>2019</b> , 195-210		0
529	Associations of sleep duration and quality with serum and hepatic lipids: The Netherlands Epidemiology of Obesity Study. <b>2019</b> , 28, e12776		6
528	Polygenic risk score identifies associations between sleep duration and diseases determined from an electronic medical record biobank. <i>Sleep</i> , <b>2019</b> , 42,	1.1	24
527	Children Sleep and Antisocial Behavior: Differential Association of Sleep with Aggression and Rule-Breaking. <b>2019</b> , 47, 791-799		7
526	Tired of Commuting? Relationships among Journeys to School, Sleep, and Exercise among American Teenagers. <b>2019</b> , 39, 142-154		10
525	Research on freshman and sleeping habits: A text message-based sleep intervention. <b>2020</b> , 68, 864-871		1
524	Are Morbid Obesity and Insomnia Related? Investigating Associated Factors in a Clinical Setting. <b>2020</b> , 27, 190-198		1
523	Interrelationships among common predictors of cardiovascular diseases in patients of OSA: A large-scale observational study. <b>2020</b> , 30, 23-32		5
522	Sleep duration and body mass: direction of the associations from adolescence to young adulthood. <b>2020</b> , 44, 852-856		5
521	Children's Technology Time in Two US Cohorts. <b>2020</b> , 13, 1107-1132		9
520	Does sleep grow on trees? A longitudinal study to investigate potential prevention of insufficient sleep with different types of urban green space. <b>2020</b> , 10, 100497		23
519	Dietary Patterns, Exercise, and the Metabolic Syndrome Among Young People in Urban Pakistan (Lahore). <b>2020</b> , 18, 56-64		3
518	Effects of acute and chronic sleep deprivation on eating behaviour. <b>2020</b> , 24, 64-72		10
517	Multiple imputation in the presence of an incomplete binary variable created from an underlying continuous variable. <b>2020</b> , 62, 467-478		2
516	Demographic, psychological, behavioral, and cognitive correlates of BMI in youth: Findings from the Adolescent Brain Cognitive Development (ABCD) study. <b>2020</b> , 50, 1539-1547		25
515	Sleep and pain: recent insights, mechanisms, and future directions in the investigation of this relationship. <b>2020</b> , 127, 647-660		49
514	Dreaming of better health: quantifying the many dimensions of sleep. <i>Sleep</i> , <b>2020</b> , 43,	1.1	1

513	Associations of sleep duration, sedentary behaviours and energy expenditure with maternal glycemia in pregnancy. <b>2020</b> , 65, 54-61		2
512	Sleep duration and physical function in people with severe obesity: a prospective cross-sectional study. <b>2020</b> , 189, 517-523		0
511	Wearable technologies for developing sleep and circadian biomarkers: a summary of workshop discussions. <i>Sleep</i> , <b>2020</b> , 43,	1.1	85
510	Developing preliminary blood metabolomics-based biomarkers of insufficient sleep in humans. <i>Sleep</i> , <b>2020</b> , 43,	1.1	6
509	Association between insomnia and cognitive performance, gray matter volume, and white matter microstructure in cognitively unimpaired adults. <b>2020</b> , 12, 4		24
508	Stand-Biased Desk Intervention on Sleep Quality of High School Students: A Pilot Study Using Tri-Axial Accelerometry. <b>2019</b> , 17,		0
507	Weight History in Clinical Practice: The State of the Science and Future Directions. <b>2020</b> , 28, 9-17		12
506	Sleep duration and overweight in Chinese adolescents: a prospective longitudinal study with 2-year follow-up. <b>2020</b> , 24, 321-328		6
505	Association between sleep disturbances, fear of hypoglycemia and psychological well-being in adults with type 1 diabetes mellitus, data from cross-sectional VARDIA study. <b>2020</b> , 160, 107988		5
504	Influence of Dietary Sources of Melatonin on Sleep Quality: A Review. <b>2020</b> , 85, 5-13		23
503	Are obstructive sleep apnea and sleep improved in response to multidisciplinary weight loss interventions in youth with obesity? A systematic review and meta-analysis. <b>2020</b> , 44, 753-770		15
502	Sleep Health: An Opportunity for Public Health to Address Health Equity. <b>2020</b> , 41, 81-99		34
501	Association of Maternal Depression and Anxiety Symptoms with Sleep Duration in Children at Preschool Age. <b>2020</b> , 24, 62-72		8
500	Time spent watching television impacts on body mass index in youth with obesity, but only in those with shortest sleep duration. <b>2020</b> , 56, 721-726		6
499	Sleep and Physical Activity Patterns in Urban American Indian Children. <b>2020</b> , 44, 67-75		3
498	A transdiagnostic sleep and circadian intervention for adolescents: six-month follow-up of a randomized controlled trial. <b>2020</b> , 61, 653-661		10
497	Sleep duration associates with moderate-to-vigorous intensity physical activity and body fat in 1- to 3-year-old children. <b>2020</b> , 58, 101392		5
496	Comorbidity. <b>2020</b> ,		1

495	The association between sleep chronotype and obesity among black and white participants of the Bogalusa Heart Study. <b>2020</b> , 37, 123-134	13
494	Longitudinal Assessment of Sleep Trajectories during Early Childhood and Their Association with Obesity. <b>2020</b> , 16, 211-217	5
493	Association between misalignment of circadian rhythm and obesity in Korean men: Sixth Korea National Health and Nutrition Examination Survey. <b>2020</b> , 37, 272-280	6
492	Food insecurity is associated with suboptimal sleep quality, but not sleep duration, among low-income Head Start children of pre-school age. <b>2020</b> , 23, 701-710	9
491	Time use and sexual maturity-related indicators differentially predict youth body mass indices, Peruvian girls versus boys. <b>2020</b> , 1468, 55-73	
490	Suboptimal sleep and incident cardiovascular disease among African Americans in the Jackson Heart Study (JHS). <b>2020</b> , 76, 89-97	2
489	Mediation of the relationship between home loss and worsened cardiometabolic profiles of older disaster survivors by post-disaster relocation: A natural experiment from the Great East Japan earthquake and tsunami. <b>2020</b> , 66, 102456	2
488	Epidemiology, pathophysiology and etiology of obesity in children and adolescents. <b>2020</b> , 50, 100869	0
487	Association of Rapid Eye Movement Sleep With Mortality in Middle-aged and Older Adults. <b>2020</b> , 77, 1241-1251	20
486	Evaluating the quality and duration of sleep using actigraphy in petroleum industry shift workers. <b>2020</b> , 6, 407-410	2
485	BMI influences relationships among health factors for adults with persistent pain who use prescription opioids. <b>2020</b> , 68, 440-448	1
484	[Association between screen time and sleep habits in 11-to-12-year-old French middle school students]. <b>2020</b> , 68, 179-184	1
483	Study protocol of the Health4Life initiative: a cluster randomised controlled trial of an eHealth school-based program targeting multiple lifestyle risk behaviours among young Australians. <b>2020</b> , 10, e035662	11
482	Consistent sleep onset and maintenance of body weight after weight loss: An analysis of data from the NoHoW trial. <b>2020</b> , 17, e1003168	4
481	Is adherence to the 24-hour movement guidelines associated with a reduced risk of adiposity among children and adolescents?. <b>2020</b> , 20, 1119	9
480	Multidimensional sleep health is not cross-sectionally or longitudinally associated with adiposity in the Study of Women's Health Across the Nation (SWAN). <b>2020</b> , 6, 790-796	3
479	Mediating role of screen media use on adolescents' total sleep time: A cluster-randomized controlled trial for physical activity and sedentary behaviour. <b>2020</b> , 46, 381-389	1
478	Impact of Residential Green Space on Sleep Quality and Sufficiency in Children and Adolescents Residing in Australia and Germany. <b>2020</b> , 17,	8

477	Associations between paediatric fatigue and eating behaviours. <b>2020</b> , 6, 507-515	0
476	Improving sleep disturbances in obesity by nutritional strategies: review of current evidence and practical guide. <b>2021</b> , 72, 579-591	6
475	Regional homogeneity and degree of centrality in social jetlag and sleep deprivation and their correlations with appetite: a resting-state fMRI study. <b>2020</b> , 1-21	2
474	Multiple, objectively measured sleep dimensions including hypoxic burden and chronic kidney disease: findings from the Multi-Ethnic Study of Atherosclerosis. <b>2021</b> , 76, 704-713	4
473	Time for Novel Strategies to Mitigate Cardiometabolic Risk in Shift Workers. <b>2020</b> , 31, 952-964	8
472	Increased Global PSQI Score Is Associated with Depressive Symptoms in an Adult Population from the United States. <b>2020</b> , 12, 487-495	17
471	Sleep disturbance and insomnia in individuals seeking bariatric surgery. <b>2020</b> , 16, 940-947	1
470	Breakfast skipping and overweight/obesity in first grade primary school children: A nationwide register-based study in Iceland. <b>2020</b> , 10, e12384	2
469	Stress of life events and anxiety as mediators of the association between insomnia and triglycerides in college students. <b>2020</b> , 1-7	3
468	Sleep Disorders in Adolescents. <b>2020</b> , 145, S204-S209	21
467	Shift work, and particularly permanent night shifts, promote dyslipidaemia: A systematic review and meta-analysis. <b>2020</b> , 313, 156-169	16
466	Implementing a hybrid cognitive-behavioural therapy for pain-related insomnia in primary care: lessons learnt from a mixed-methods feasibility study. <b>2020</b> , 10, e034764	5
465	Sleep-length differences are associated with altered longevity in the fruit fly. <b>2020</b> , 9,	2
464	The relationship between obesity and sleep timing behavior, television exposure, and dinnertime among elementary school-age children. <b>2020</b> , 16, 129-136	4
463	Maternal Sleep Quality is Associated with Personal and Parenting Weight-Related Behaviors. <b>2020</b> , 17,	0
462	How do short sleepers use extra waking hours? A compositional analysis of 24-h time-use patterns among children and adolescents. <b>2020</b> , 17, 104	12
461	Sleep and Methylation of Estrogen Receptor Genes, and , in Healthy Middle-Aged and Older Women: Findings from the Women 40+ Healthy Aging Study. <b>2020</b> , 12, 525-536	2
460	Adolescent sleep characteristics and body-mass index in the Family Life, Activity, Sun, Health, and Eating (FLASHE) Study. <b>2020</b> , 10, 13277	6

459	Sleep quality and prostate cancer aggressiveness: Results from the REDUCE trial. <b>2020</b> , 80, 1304-1313	3
458	Subacute Ingestion of Caffeine and Oolong Tea Increases Fat Oxidation without Affecting Energy Expenditure and Sleep Architecture: A Randomized, Placebo-Controlled, Double-Blinded Cross-Over Trial. <b>2020</b> , 12,	3
457	Etiology of obesity. <b>2020</b> , 43-54	1
456	Prevalence of and lifestyle factors associated with metabolic syndrome determined using multi-level models in Chinese adults from a cross-sectional survey. <b>2020</b> , 99, e22883	2
455	Pediatric Type 2 Diabetes: Not a Mini Version of Adult Type 2 Diabetes. <b>2020</b> , 49, 679-693	3
454	Mining sequences in activities for time use analysis. <b>2020</b> , 24, 339-362	1
453	Nurse Health: The Influence of Chronotype and Shift Timing. <b>2020</b> , 42, 1031-1041	4
452	Early exposure to social disadvantages and later life body mass index beyond genetic predisposition in three generations of Finnish birth cohorts. <b>2020</b> , 20, 708	3
451	Children's Health in the Digital Age. <b>2020</b> , 17,	15
450	Longitudinal relationship of favorable weight change to academic performance in children. <b>2020</b> , 5, 4	3
449	The association between daily naps and metabolic syndrome: Evidence from a population-based study in the Middle-East. <b>2020</b> , 6, 684-689	2
448	The challenges of adolescent sleep. <b>2020</b> , 10, 20190080	12
447	Dietary Approaches to Stop Hypertension (DASH) Score and Its Association with Sleep Quality in a National Survey of Middle-Aged and Older Men and Women. <b>2020</b> , 12,	4
446	Gestational sleep deprivation is associated with higher offspring body mass index and blood pressure. <i>Sleep</i> , <b>2020</b> , 43,	1.1 4
445	Sleep duration and obesity in adulthood: An updated systematic review and meta-analysis. <b>2020</b> , 14, 301-309	22
444	Low sleep efficiency does not impact upper or lower limb vascular function in young adults. <b>2020</b> , 105, 1373-1383	2
443	The Effects of Daily Sleep Condition on Performances of Physical Fitness among Taiwanese Adults: A Cross-Sectional Study. <b>2020</b> , 17,	2
442	Association between shift work and poor sleep quality in an Asian multi-ethnic working population: A cross-sectional study. <b>2020</b> , 15, e0229693	4

441	Thoughts on the Association Between Sleep and Obesity. <b>2020</b> , 145,	0
440	Exercise, Sleep, and Type 1 Diabetes. <b>2020</b> , 145-157	
439	Short sleep is associated with higher prevalence and increased predicted risk of cardiovascular diseases in an Iranian population: Fasa PERSIAN Cohort Study. <b>2020</b> , 10, 4608	13
438	A laboratory study on the effects of wind turbine noise on sleep: results of the polysomnographic WITNES study. <i>Sleep</i> , <b>2020</b> , 43,	1.1 12
437	Neuromodulation of the Pineal Gland via Electrical Stimulation of Its Sympathetic Innervation Pathway. <b>2020</b> , 14, 264	4
436	The Relationship between Self-Compassion and Sleep Quality: An Overview of a Seven-Year German Research Program. <b>2020</b> , 10,	4
435	Association between Sleep Duration and Incident Chronic Kidney Disease: A Population-Based Cohort Analysis of the NAGALA Study. <b>2020</b> , 45, 339-349	2
434	Associations of daily weather and ambient air pollution with objectively assessed sleep duration and fragmentation: a prospective cohort study. <b>2020</b> , 75, 181-187	6
433	Objective and Subjective Assessments of Sleep in Children: Comparison of Actigraphy, Sleep Diary Completed by Children and Parents' Estimation. <b>2020</b> , 11, 495	19
432	Chronic REM sleep restriction in young rats increases energy expenditure with no change in food intake. <b>2020</b> , 105, 1339-1348	2
431	Associations between sleep duration and insulin resistance in European children and adolescents considering the mediating role of abdominal obesity. <b>2020</b> , 15, e0235049	4
430	Exploring Relationships of Sleep Duration with Eating and Physical Activity Behaviors among Canadian University Students. <b>2020</b> , 2, 194-207	3
429	Poor Sleep Hygiene is Associated with Decreased Discrimination and Inattention on Continuous Performance Task in Doctor of Physical Therapy Students: A Cross-sectional Study. <b>2020</b> , 34, 160-165	1
428	Association between sleep duration and differences between weekday and weekend sleep with body mass index & waist circumference among Black women in Sistertalk II. <b>2020</b> , 6, 797-803	2
427	An Overview on the Associations between Health Behaviors and Brain Health in Children and Adolescents with Special Reference to Diet Quality. <b>2020</b> , 17,	12
426	Sleep disorders in cystic fibrosis: A systematic review and meta-analysis. <b>2020</b> , 51, 101279	11
425	On the feasibility of measuring physiologic and self-reported sleep disturbance by aircraft noise on a national scale: A pilot study around Atlanta airport. <b>2020</b> , 718, 137368	6
424	Association of sleep duration and snack consumption in children and adolescents: The CASPIAN-V study. <b>2020</b> , 8, 1888-1897	6



423	Physical activity and sleep are inconsistently related in healthy children: A systematic review and meta-analysis. <b>2020</b> , 51, 101278	15
422	The Association of Parental Genetic, Lifestyle, and Social Determinants of Health with Offspring Overweight. <b>2020</b> , 13, 99-106	1
421	Sleep and Adiposity in Children From 2 to 6 Years of Age. <b>2020</b> , 145,	11
420	Sleep and obesity among children: A systematic review of multiple sleep dimensions. <b>2020</b> , 15, e12619	43
419	Examining the Relationship Between Autism Traits and Sleep Duration as Predictors of Suicidality. <b>2020</b> , 50, 3575-3584	2
418	Towards a comprehensive theory of obesity and a healthy diet: The causal role of oxidative stress in food addiction and obesity. <b>2020</b> , 384, 112560	22
417	The efficacy of electronic health interventions targeting improved sleep for achieving prevention of weight gain in adolescents and young to middle-aged adults: A systematic review. <b>2020</b> , 21, e13006	4
416	Beyond BMI: waist circumference and social environment is associated with motor performance ability in kindergartners. <b>2020</b> , 20, 4	1
415	Sleep duration rather than sleep timing is associated with obesity in adolescents. <b>2020</b> , 68, 184-189	4
414	Association between objectively measured sleep duration, adiposity and weight loss history. <b>2020</b> , 44, 1577-1585	6
413	Heart Disease and Stroke Statistics-2020 Update: A Report From the American Heart Association. <b>2020</b> , 141, e139-e596	2824
412	Modulation and Consequences of Sleep Duration in Child Obesity. <b>2020</b> , 95-101	
411	Impact of Sleep Restriction on Food Intake and Food Choice. <b>2020</b> , 217-228	1
410	The immune-sleep crosstalk in inflammatory bowel disease. <b>2020</b> , 73, 38-46	5
409	Sleep Problems and Disorders Associations With Eating Behavior and Obesity. <b>2020</b> , 347-360	
408	Association of Video Game Use With Body Mass Index and Other Energy-Balance Behaviors in Children. <b>2020</b> , 174, 563-572	4
407	The Effects of Short Sleep Duration and Deprivation on Gustation and Olfaction: Implications for Dietary Intake. <b>2020</b> , 183-189	
406	Time use: The role of sleep. <b>2020</b> , 136, 1-20	

405	Associations of sleep duration and social jetlag with cardiometabolic risk factors in the study of Latino youth. <b>2020</b> , 6, 563-569	3
404	Associations of plasma hypocretin-1 with metabolic and reproductive health: Two systematic reviews of clinical studies. <b>2020</b> , 52, 101307	1
403	Social jetlag and sleep deprivation are associated with altered activity in the reward-related brain areas: an exploratory resting-state fMRI study. <b>2020</b> , 72, 12-19	4
402	Frequent restful sleep is associated with the absence of depressive symptoms and higher grade point average among college students. <b>2020</b> , 6, 618-622	3
401	Modifiable Cardiovascular Risk, Hematopoiesis, and Innate Immunity. <b>2020</b> , 126, 1242-1259	34
400	A salt-induced kinase is required for the metabolic regulation of sleep. <b>2020</b> , 18, e3000220	11
399	Sedentary behavior patterns and adiposity in children: a study based on compositional data analysis. <b>2020</b> , 20, 147	11
398	The impact of sleep duration and sleep quality on glycaemic control in Asian population with type 2 diabetes mellitus: A systematic literature review and meta-analysis of observational studies. <b>2020</b> , 8, 967-975	5
397	Consumption of a smoothie or cereal-based breakfast: impact on thirst, hunger, appetite and subsequent dietary intake. <b>2021</b> , 72, 123-133	2
396	Associated factors of habitual midday napping among Chinese adolescents. <b>2021</b> , 19, 93-103	1
395	Metabolic bariatric surgery as a treatment for obstructive sleep apnea hypopnea syndrome: review of the literature and potential mechanisms. <b>2021</b> , 17, 215-220	2
394	Is late bedtime an overlooked sleep behaviour? Investigating associations between sleep timing, sleep duration and eating behaviours in adolescence and adulthood. <b>2021</b> , 24, 1671-1677	6
393	Infant feeding practices and sleep at 1 year of age in the nationwide ELFE cohort. <b>2021</b> , 17, e13072	2
392	Sleep quality, sleep latency, and sleep duration: a national comparative study of university students in Jordan. <b>2021</b> , 25, 1147-1154	1
391	The relationship of sleep duration and quality to energy expenditure and physical activity in children. <b>2021</b> , 16, e12751	0
390	Short duration of sleep and incidence of overweight or obesity in Chinese children and adolescents: A systematic review and meta-analysis of prospective studies. <b>2021</b> , 31, 363-371	9
389	Assessment of vitamin D, exercise, and lipid profile associated with excessive daytime sleepiness in school children. <b>2021</b> , 77, 51-57	3
388	Sleep and cardiometabolic health in children and adults: examining sleep as a component of the 24-h day. <b>2021</b> , 78, 63-74	5

387	The effectiveness of a 17-week lifestyle intervention on health behaviors among airline pilots during COVID-19. <b>2021</b> , 10, 333-340		1
386	Biological pathways underlying the association between habitual long-sleep and elevated cardiovascular risk in adults. <b>2021</b> , 78, 135-140		3
385	Geographically based risk assessment of sleep disorders and disease states impacting medical readiness across active duty army installations from military medical databases in fiscal year 2017. <b>2021</b> , 7, 31-36		1
384	Cohort Profile: The Shanghai Sleep Birth Cohort Study. <b>2021</b> , 35, 257-268		1
383	Weekday time in bed and obesity risk in adolescence. <b>2021</b> , 7, 45-52		1
382	Self-reported sleep duration, sleep quality and sleep problems in Mexicans adults: Results of the 2016 Mexican National Halfway Health and Nutrition Survey. <b>2021</b> , 7, 246-253		4
381	The relationship between sleep quality and breakfast, mid-morning snack, and dinner and physical activity habits among adolescents: a cross-sectional study in Yazd, Iran. <b>2021</b> , 19, 79-84		2
380	Is Self-compassion Associated with Sleep Quality? A Meta-analysis. <b>2021</b> , 12, 82-91		4
379	Dynamics of sleep, sedentary behavior, and moderate-to-vigorous physical activity on school versus nonschool days. <i>Sleep</i> , <b>2021</b> , 44,	1.1	2
378	Sleep-wake patterns in newborns are associated with infant rapid weight gain and incident adiposity in toddlerhood. <b>2021</b> , 16, e12726		1
377	Pathway linking physical activity, sleep duration, and breakfast consumption with the physical/psychosocial health of schoolchildren. <b>2021</b> , 25, 5-17		2
376	Sleep in Obese Children and Adolescents. <b>2021</b> , 573-580		
375	A chrononutrition perspective of diet quality and eating behaviors of Brazilian adolescents in associated with sleep duration. <b>2021</b> , 38, 387-399		0
374	Sleep Disorders in Children and Adolescents. <b>2021</b> ,		
373	Short sleep and chronic neck and shoulder discomfort in nurses. <b>2021</b> , 63, e12236		
372	The impact of social networking sites use on health-related outcomes among UK adolescents. <b>2021</b> , 3, 100058		3
371	Sleep Quality, Mental and Physical Health: A Differential Relationship. <b>2021</b> , 18,		9
370	Association between objectively measured body composition, sleep parameters and physical activity in preschool children: a cross-sectional study. <b>2021</b> , 11, e042669		3

369	Morbidity and mortality associated with sleep length. <b>2021</b> ,		
368	A Model of Adolescent Sleep Health and Risk for Type 2 Diabetes. <b>2021</b> , 21, 4		4
367	Bidirectional associations between sleep quality or quantity, and dietary intakes or eating behaviors in children 6-12 years old: a systematic review with evidence mapping. <b>2021</b> , 79, 1079-1099		2
366	Adipositas bei Erwachsenen [Prävalenz, Bedeutung und Implikationen für die Prävention und Gesundheitsförderung. <b>2021</b> , 855-865		
365	Sleep and Circadian Effects of Space. <b>2021</b> , 445-453		1
364	Changes in sleep patterns of patients undergoing general anesthesia for maxillofacial plastic surgery: a prospective cohort study. <b>2021</b> , 19, 187-193		0
363	The association between hand grip strength and global PSQI score in the middle-aged and elderly population. <b>2021</b> , 19, 155-162		0
362	Etiology of Obesity, Cancer, and Diabetes. <b>2021</b> , 1-27		2
361	Associations between health indicators and sleep duration of American adults: NHANES 2011-16. <b>2021</b> , 31, 1204-1210		1
360	Prevalence of Overweight, Obesity, Abdominal Obesity, and Obesity-Related Risk Factors in Polish Preschool Children: A Cross-Sectional Study. <b>2021</b> , 10,		7
359	Patient Sleep Quality in Acute Inpatient Rehabilitation. <b>2021</b> ,		0
358	Effects of six weeks of chronic sleep restriction with weekend recovery on cognitive performance and wellbeing in high-performing adults. <i>Sleep</i> , <b>2021</b> , 44,	1.1	3
357	Obstructive sleep apnea is associated with lower adiponectin and higher cholesterol levels independently of traditional factors and other sleep disorders in middle-aged adults: the ELSA-Brasil cohort. <b>2021</b> , 25, 1935-1944		2
356	Polysomnographic indicators of restorative sleep and body mass trajectories in the Wisconsin Sleep Cohort Study. <i>Sleep</i> , <b>2021</b> , 44,	1.1	1
355	A Multimodal Intervention for Prevention of Overweight and Obesity in Schoolchildren. A Protocol Study "PREVIENE-CDIZ". <b>2021</b> , 18,		0
354	New Media Development, Sleep and Lifestyle in Children and Adolescents. <b>2021</b> , 13, 2248		1
353	Sleep Deprivation, a Link Between Post-Traumatic Stress Disorder and Alzheimer's Disease. <b>2021</b> , 79, 1443-1449		4
352	Obesity and sleep mismatch between weekends and weekdays in the Korean population according to working status. <b>2021</b> , 144, 87-92		1

351	Habitual Sleep Duration, Daytime Napping, and Dietary Intake: A Mendelian Randomization Study. <b>2021</b> , 5, nzab019		1
350	Sleep, Food Insecurity, and Weight Status: Findings from the Family Life, Activity, Sun, Health, and Eating Study. <b>2021</b> , 17, 125-135		0
349	Gastrointestinal Vagal Afferents and Food Intake: Relevance of Circadian Rhythms. <b>2021</b> , 13,		2
348	Biological Rhythm and Chronotype: New Perspectives in Health. <b>2021</b> , 11,		19
347	Associations of sleep duration with physical fitness performance and self-perception of health: a cross-sectional study of Taiwanese adults aged 23-45. <b>2021</b> , 21, 594		0
346	Circadian Misalignment Induced by Chronic Night Shift Work Promotes Endoplasmic Reticulum Stress Activation Impacting Directly on Human Metabolism. <b>2021</b> , 10,		3
345	Time spent outdoors and sleep normality: A preliminary investigation. <b>2021</b> , 3,		
344	The Role of Sleep in Young Children's Development: A Review. <b>2021</b> , 182, 205-217		0
343	The contributory role of the family context in early childhood sleep health: A systematic review. <b>2021</b> , 7, 254-265		5
342	Screen time use impacts low-income preschool children's sleep quality, tiredness, and ability to fall asleep. <b>2021</b> , 47, 618-626		2
341	Causal associations of short and long sleep durations with 12 cardiovascular diseases: linear and nonlinear Mendelian randomization analyses in UK Biobank. <b>2021</b> , 42, 3349-3357		10
340	History of Weight Cycling Is Prospectively Associated With Shorter and Poorer-Quality Sleep and Higher Sleep Apnea Risk in Diverse US Women. <b>2021</b> , 36, 573-581		0
339	Discrimination and sleep among Asians and Pacific Islanders adults. <i>Sleep</i> , <b>2021</b> , 44,	1.1	2
338	Sleep Dysfunction is an Independent Predictor of Productivity Losses in Patients with Chronic Rhinosinusitis. <b>2021</b> , 130, 1332-1339		
337	The Economic Consequences of Increasing Sleep Among the Urban Poor. <b>2021</b> , 136, 1887-1941		6
336	Effect of Sleep Disturbances on Blood Pressure. <b>2021</b> , 77, 1036-1046		3
335	A new method for exploring gene-gene and gene-environment interactions in GWAS with tree ensemble methods and SHAP values. <b>2021</b> , 22, 230		2
334	Identification of the minimum data set to design a mobile-based application on overweight and obesity management for children and adolescents. <b>2021</b> , 20, 1011-1020		

333	Chronic disruption of circadian rhythm with mistimed sleep and appetite - an exploratory research. <b>2021</b> , 38, 807-816	1
332	Application of the Sleep Disturbance Scale for Children (SDSC) in infants and toddlers (6-36 months). <b>2021</b> , 81, 62-68	2
331	Increase in Body Weight Following Residential Displacement: 5-year Follow-up After the 2011 Great East Japan Earthquake and Tsunami. <b>2021</b> , 31, 328-334	3
330	Sleeping patterns and childhood obesity: an epidemiological study in 1,728 children in Greece. <b>2021</b> , 17, 1093-1101	1
329	Gene Variation Is Associated with the Incidence of Metabolic Syndrome Modulated by Monounsaturated Fatty Acids. <b>2021</b> , 11,	1
328	Sleep Health Promotion Interventions and Their Effectiveness: An Umbrella Review. <b>2021</b> , 18,	9
327	Association of morningness-eveningness preference with physical activity during the COVID-19 pandemic social distancing: a cross-sectional survey in Brazil. <b>2021</b> , 38, 1432-1440	1
326	Mitochondria's role in sleep: Novel insights from sleep deprivation and restriction studies. <b>2021</b> , 1-13	0
325	First-year undergraduate students: depressed, distressed, and drained? Influence of depressive symptoms on markers of psychological well-being, sleep, and physical activity. <b>2021</b> , 1-10	0
324	Weight Management in Adolescents with Polycystic Ovary Syndrome. <b>2021</b> , 10, 311-321	1
323	Insufficient sleep during infancy is correlated with excessive weight gain in childhood: a longitudinal twin cohort study. <b>2021</b> , 17, 2147-2154	1
322	Internalized Weight Stigma, Psychological Well-Being, and Sleep in Women. <b>2021</b> , 1	2
321	Association between Sleep Duration and Hand Grip Strength in Korean Elderly. <b>2021</b> , 11, 170-176	
320	The relationship between sleep and bone: Strange bedfellows?. <b>2021</b> , 18, 236-242	0
319	Genetics of Sleep and Insights into Its Relationship with Obesity. <b>2021</b> , 41, 223-252	3
318	Sleep disturbances may influence lifestyle behaviours in women with self-reported polycystic ovary syndrome. <b>2021</b> , 1-9	0
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316	Sleep Performance and Chronotype Behavior in Unilateral Vestibular Hypofunction. <b>2021</b> , 131, 2341-2347	

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