

The internal circadian clock increases hunger and appetite, food intake and other behaviors

Obesity

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Citation Report

#	ARTICLE	IF	CITATIONS
1	Timing of food intake predicts weight loss effectiveness. International Journal of Obesity, 2013, 37, 604-611.	3.4	474
2	Associations between Diurnal 24-Hour Rhythm in Ambulatory Heart Rate Variability and the Timing and Amount of Meals during the Day Shift in Rotating Shift Workers. PLoS ONE, 2014, 9, e106643.	2.5	6
3	Food Intake Behavior and Chronotype of Japanese Nurses Working Irregular Shifts. International Journal of Psychological Studies, 2014, 6, .	0.2	2
4	Delayed Timing of Eating: Impact on Weight and Metabolism. Current Obesity Reports, 2014, 3, 91-100.	8.4	31
5	Eating two larger meals a day (breakfast and lunch) is more effective than six smaller meals in a reduced-energy regimen for patients with type 2 diabetes: a randomised crossover study. Diabetologia, 2014, 57, 1552-1560.	6.3	147
6	Impact of circadian misalignment on energy metabolism during simulated nightshift work. Proceedings of the National Academy of Sciences of the United States of America, 2014, 111, 17302-17307.	7.1	250
7	Meal frequency and timing in health and disease. Proceedings of the National Academy of Sciences of the United States of America, 2014, 111, 16647-16653.	7.1	413
8	The PER3 VNTR polymorphism is a predictor of dietary composition in the Central European population. Biological Rhythm Research, 0, , 1-11.	0.9	0
9	The bright-nights and dim-days of the urban photoperiod: Implications for circadian rhythmicity, metabolism and obesity. Annals of Medicine, 2014, 46, 253-263.	3.8	29
10	The Effects of Light at Night on Circadian Clocks and Metabolism. Endocrine Reviews, 2014, 35, 648-670.	20.1	333
11	Sleep and nighttime energy consumption in early childhood: a population-based cohort study. Pediatric Obesity, 2015, 10, 454-460.	2.8	32
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14	Association between meal intake behaviour and abdominal obesity in Spanish adults. Appetite, 2015, 92, 1-6.	3.7	14
15	The Influence of Portion Size and Timing of Meals on Weight Balance and Obesity. Current Obesity Reports, 2015, 4, 11-18.	8.4	38
16	Within-person comparison of eating behaviors, time of eating, and dietary intake on days with and without breakfast: NHANES 2005-2010. American Journal of Clinical Nutrition, 2015, 102, 661-670.	4.7	60
17	40-Year Trends in Meal and Snack Eating Behaviors of American Adults. Journal of the Academy of Nutrition and Dietetics, 2015, 115, 50-63.	0.8	189
18	Habitual sleep duration is associated with BMI and macronutrient intake and may be modified by CLOCK genetic variants. American Journal of Clinical Nutrition, 2015, 101, 135-143.	4.7	93
19	Daily Rhythms of Hunger and Satiety in Healthy Men during One Week of Sleep Restriction and Circadian Misalignment. International Journal of Environmental Research and Public Health, 2016, 13, 170.	2.6	47

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20	Relevance of Morning and Evening Energy and Macronutrient Intake during Childhood for Body Composition in Early Adolescence. <i>Nutrients</i> , 2016, 8, 716.	4.1	9
21	Morning and Evening Blue-Enriched Light Exposure Alters Metabolic Function in Normal Weight Adults. <i>PLoS ONE</i> , 2016, 11, e0155601.	2.5	63
22	Association of eating behaviours with diurnal preference and rotating shift work in Japanese female nurses: a cross-sectional study. <i>BMJ Open</i> , 2016, 6, e011987.	1.9	39
23	Nutrition and the circadian system. <i>British Journal of Nutrition</i> , 2016, 116, 434-442.	2.3	169
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29	Effect of extended morning fasting upon ad libitum lunch intake and associated metabolic and hormonal responses in obese adults. <i>International Journal of Obesity</i> , 2016, 40, 305-311.	3.4	44
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33	Predicting jet lag in long-haul cabin crew: The role of illness cognitions and behaviour. <i>Psychology and Health</i> , 2017, 32, 1055-1081.	2.2	7
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35	The importance of hormonal circadian rhythms in daily feeding patterns: An illustration with simulated pigs. <i>Hormones and Behavior</i> , 2017, 93, 82-93.	2.1	20
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55	The Effect of Circadian and Sleep Disruptions on Obesity Risk. <i>Journal of Obesity and Metabolic Syndrome</i> , 2018, 27, 78-83.	3.6	35
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58	Chronic Insufficient Sleep Has a Limited Impact on Circadian Rhythmicity of Subjective Hunger and Awakening Fasted Metabolic Hormones. <i>Frontiers in Endocrinology</i> , 2018, 9, 319.	3.5	27
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66	Time-Restricted Eating to Prevent and Manage Chronic Metabolic Diseases. <i>Annual Review of Nutrition</i> , 2019, 39, 291-315.	10.1	239
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69	Time-Restricted Feeding Improves Glucose Tolerance in Men at Risk for Type 2 Diabetes: A Randomized Crossover Trial. <i>Obesity</i> , 2019, 27, 724-732.	3.0	306
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76	Eating Habits of Professional Firefighters. <i>Journal of Occupational and Environmental Medicine</i> , 2019, 61, e183-e190.	1.7	16
77	Ghrelin is impacted by the endogenous circadian system and by circadian misalignment in humans. <i>International Journal of Obesity</i> , 2019, 43, 1644-1649.	3.4	78
78	The factors influencing the eating behaviour of shiftworkers: what, when, where and why. <i>Industrial Health</i> , 2019, 57, 419-453.	1.0	79
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80	Circadian clocks and insulin resistance. <i>Nature Reviews Endocrinology</i> , 2019, 15, 75-89.	9.6	395
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88	Time-restricted eating and circadian rhythms: the biological clock is ticking. <i>Critical Reviews in Food Science and Nutrition</i> , 2021, 61, 2863-2875.	10.3	40
89	Circadian rhythms and obesity: Timekeeping governs lipid metabolism. <i>Journal of Pineal Research</i> , 2020, 69, e12682.	7.4	83
90	Timing and Frequency of Daily Energy Intake in Adults with Prediabetes and Overweight or Obesity and Their Associations with Body Fat. <i>Nutrients</i> , 2020, 12, 3484.	4.1	12
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100	Circadian regulation of appetite and time restricted feeding. <i>Physiology and Behavior</i> , 2020, 220, 112873.	2.1	22
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109	Energy, Nutrient and Food Intakes of Male Shift Workers Vary According to the Schedule Type but Not the Number of Nights Worked. <i>Nutrients</i> , 2020, 12, 919.	4.1	9
110	The regulation of gastric ghrelin secretion. <i>Acta Physiologica</i> , 2021, 231, e13588.	3.8	21

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117	Unacylated ghrelin, leptin, and appetite display diurnal rhythmicity in lean adults. <i>Journal of Applied Physiology</i> , 2021, 130, 1534-1543.	2.5	6
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122	A Cluster Randomized Controlled Trial Feasibility Study of a WhatsApp-Delivered Intervention to Promote Healthy Eating Habits in Male Firefighters. <i>International Journal of Environmental Research and Public Health</i> , 2021, 18, 6633.	2.6	7
123	Association of Dietary Habits with Mild Cognitive Impairment among Elderly in Rural Area of North China. <i>Current Alzheimer Research</i> , 2021, 18, 256-264.	1.4	3
124	Systematic observation of healthy eating environments in after-school services: a cross-sectional study. <i>Public Health Nutrition</i> , 2021, 24, 6067-6074.	2.2	1
125	Postprandial hyperglycemia in type 2 diabetes and obstructive sleep apnea. <i>Sleep Medicine</i> , 2021, 84, 173-178.	1.6	1
126	The impact of circadian timing on energy balance: an extension of the energy balance model. <i>Health Psychology Review</i> , 2022, 16, 161-203.	8.6	2
127	Delay first active-phase meal, breakfast-skipping model, increases the risk of metabolic disorders in females rats. <i>Biological Rhythm Research</i> , 0, , 1-16.	0.9	1
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137	The Role of Eating Frequency and Snacking on Energy Intake and BMI. , 2019, , 1-21.		1
139	Changes in chronotype and social jetlag during adolescence and their association with concurrent changes in BMI-SDS and body composition, in the DONALD Study. European Journal of Clinical Nutrition, 2022, 76, 765-771.	2.9	13
140	Circadian Rhythm: Light-Dark Cycles. , 2020, , 577-594.		0
141	Hunger increases negative and decreases positive emotions in women with a healthy weight. Appetite, 2022, 168, 105746.	3.7	9
142	THE ANALYSIS OF THE CHANGE IN GHRELIN LEVEL IN PATIENTS WITH DIFFERENT FORMS OF PARKINSON'S DISEASE. World of Medicine and Biology, 2020, 16, 145.	0.5	3
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145	Relationships between endogenous circadian period, physiological and cognitive parameters and sex in aged gray mouse lemurs (<i>Microcebus murinus</i>). Chronobiology International, 2022, 39, 363-373.	2.0	1
146	Late Evening Eating Patterns among US Adults Vary in Their Associations With, and Impact on, Energy Intake and Diet Quality: Evidence from What We Eat in America, National Health and Nutrition Examination Survey 2013-2016. Journal of the Academy of Nutrition and Dietetics, 2022, 122, 932-948.e3.	0.8	6
148	Circadian Clocks, Sleep, and Metabolism. Advances in Experimental Medicine and Biology, 2021, 1344, 21-42.	1.6	2
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152	Effects of Diet, Lifestyle, Chrononutrition and Alternative Dietary Interventions on Postprandial Glycemia and Insulin Resistance. <i>Nutrients</i> , 2022, 14, 823.	4.1	50
153	CrossTalk opposing view: Insufficient sleep is not responsible for increased risk of metabolic disease in shift workers. <i>Journal of Physiology</i> , 2022, 600, 1603-1605.	2.9	1
154	Effect of changes in children's bedtime and sleep period on targeted eating behaviors and timing of caloric intake. <i>Eating Behaviors</i> , 2022, 45, 101629.	2.0	7
155	Meal timing across the day modulates daily energy intake in adult patients with type 2 diabetes. <i>European Journal of Clinical Nutrition</i> , 2022, , .	2.9	2
156	Temporal Eating Patterns and Eating Windows among Adults with Overweight or Obesity. <i>Nutrients</i> , 2021, 13, 4485.	4.1	17
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158	The Impact of Meal Timing on Risk of Weight Gain and Development of Obesity: a Review of the Current Evidence and Opportunities for Dietary Intervention. <i>Current Diabetes Reports</i> , 2022, 22, 147-155.	4.2	19
159	No Effect of Chronotype on Hunger or Snack Consumption during a Night Shift with Acute Sleep Deprivation. <i>Nutrients</i> , 2022, 14, 1324.	4.1	0
160	An Iso-Pesticide and Time-Restricted Dietary Intervention on the Biomarkers of Exposure to Pyrethroids and Neonicotinoid Pesticides: The Circa-Chem Cross-Over Randomized Trial. <i>SSRN Electronic Journal</i> , 0, , .	0.4	0
161	Chronic Circadian Disruption and Sleep Restriction Influence Subjective Hunger, Appetite, and Food Preference. <i>Nutrients</i> , 2022, 14, 1800.	4.1	6
162	Itâ€™s About Time: The Circadian Network as Time-Keeper for Cognitive Functioning, Locomotor Activity and Mental Health. <i>Frontiers in Physiology</i> , 2022, 13, 873237.	2.8	16
163	Studying Circadian Clock Entrainment by Hormonal Signals. <i>Methods in Molecular Biology</i> , 2022, , 137-152.	0.9	2
164	Complex physiology and clinical implications of time-restricted eating. <i>Physiological Reviews</i> , 2022, 102, 1991-2034.	28.8	17
165	Could the change of anorexigenic function of nesfatin-1 during the day be associated with circadian rhythm?. , 0, , .		0
166	The Effect of Exogenous Melatonin on Eating Habits of Female Night Workers with Excessive Weight. <i>Nutrients</i> , 2022, 14, 3420.	4.1	5
167	Exploring acute and non-specific effects of mobile app-based response inhibition training on food evaluation and intake. <i>Appetite</i> , 2022, 178, 106181.	3.7	2
168	Familienbasierte Ansätze der Behandlung. , 2022, , 549-559.		0
169	A matter of time: A systematic scoping review on a potential role of the circadian system in binge eating behavior. <i>Frontiers in Nutrition</i> , 0, 9, .	3.7	8

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170	Timing of daily calorie loading affects appetite and hunger responses without changes in energy metabolism in healthy subjects with obesity. <i>Cell Metabolism</i> , 2022, 34, 1472-1485.e6.	16.2	28
171	The role of insufficient sleep and circadian misalignment in obesity. <i>Nature Reviews Endocrinology</i> , 2023, 19, 82-97.	9.6	86
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