

# Steven W Lockley

## List of Publications by Year in descending order

Source: <https://exaly.com/author-pdf/100181/publications.pdf>

Version: 2024-02-01

180  
papers

17,745  
citations

18436

62  
h-index

14156

128  
g-index

183  
all docs

183  
docs citations

183  
times ranked

12592  
citing authors

| #  | ARTICLE   | IF    | CITATIONS |
|----|---|-------|-----------|
| 1  | Effect of Reducing Interns' Work Hours on Serious Medical Errors in Intensive Care Units. <i>New England Journal of Medicine</i> , 2004, 351, 1838-1848.  | 13.9  | 1,589     |
| 2  | The Critical Care Safety Study: The incidence and nature of adverse events and serious medical errors in intensive care*. <i>Critical Care Medicine</i> , 2005, 33, 1694-1700.  | 0.4   | 1,388     |
| 3  | Measuring and using light in the melanopsin age. <i>Trends in Neurosciences</i> , 2014, 37, 1-9.  | 4.2   | 879       |
| 4  | Effect of Reducing Interns' Weekly Work Hours on Sleep and Attentional Failures. <i>New England Journal of Medicine</i> , 2004, 351, 1829-1837.   | 13.9  | 843       |
| 5  | High Sensitivity of the Human Circadian Melatonin Rhythm to Resetting by Short Wavelength Light. <i>Journal of Clinical Endocrinology and Metabolism</i> , 2003, 88, 4502-4505.   | 1.8   | 655       |
| 6  | Comparison between subjective and actigraphic measurement of sleep and sleep rhythms. <i>Journal of Sleep Research</i> , 1999, 8, 175-183.  | 1.7   | 533       |
| 7  | Exposure to Room Light before Bedtime Suppresses Melatonin Onset and Shortens Melatonin Duration in Humans. <i>Journal of Clinical Endocrinology and Metabolism</i> , 2011, 96, E463-E472.  | 1.8   | 393       |
| 8  | Short-wavelength sensitivity for the direct effects of light on alertness, vigilance, and the waking electroencephalogram in humans. <i>Sleep</i> , 2006, 29, 161-8.  | 0.6   | 372       |
| 9  | Spectral Responses of the Human Circadian System Depend on the Irradiance and Duration of Exposure to Light. <i>Science Translational Medicine</i> , 2010, 2, 31ra33.   | 5.8   | 345       |
| 10 | Invited Review: Integration of human sleep-wake regulation and circadian rhythmicity. <i>Journal of Applied Physiology</i> , 2002, 92, 852-862.   | 1.2   | 330       |
| 11 | Irregular sleep/wake patterns are associated with poorer academic performance and delayed circadian and sleep/wake timing. <i>Scientific Reports</i> , 2017, 7, 3216.   | 1.6   | 325       |
| 12 | Sleep Disorders, Health, and Safety in Police Officers. <i>JAMA - Journal of the American Medical Association</i> , 2011, 306, 2567.  | 3.8   | 305       |
| 13 | Short-Wavelength Light Sensitivity of Circadian, Pupillary, and Visual Awareness in Humans Lacking an Outer Retina. <i>Current Biology</i> , 2007, 17, 2122-2128.   | 1.8   | 296       |
| 14 | High sensitivity and interindividual variability in the response of the human circadian system to evening light. <i>Proceedings of the National Academy of Sciences of the United States of America</i> , 2019, 116, 12019-12024. | 3.3   | 277       |
| 15 | Tasimelteon for non-24-hour sleep-wake disorder in totally blind people (SET and RESET): two multicentre, randomised, double-masked, placebo-controlled phase 3 trials. <i>Lancet</i> , The, 2015, 386, 1754-1764.                | 6.3   | 272       |
| 16 | The relationship between sleep and behavior in autism spectrum disorder (ASD): a review. <i>Journal of Neurodevelopmental Disorders</i> , 2014, 6, 44.  | 1.5   | 267       |
| 17 | Breast cancer and circadian disruption from electric lighting in the modern world. <i>Ca-A Cancer Journal for Clinicians</i> , 2014, 64, 207-218.   | 157.7 | 252       |
| 18 | Effects of Health Care Provider Work Hours and Sleep Deprivation on Safety and Performance. <i>Joint Commission Journal on Quality and Patient Safety</i> , 2007, 33, 7-18.   | 0.4   | 243       |

| #  | ARTICLE   | IF  | CITATIONS |
|----|---|-----|-----------|
| 19 | Human responses to bright light of different durations. <i>Journal of Physiology</i> , 2012, 590, 3103-3112.  | 1.3 | 233       |
| 20 | Relationship between Melatonin Rhythms and Visual Loss in the Blind. <i>Journal of Clinical Endocrinology and Metabolism</i> , 1997, 82, 3763-3770.   | 1.8 | 227       |
| 21 | Human phase response curve to a 1 h pulse of bright white light. <i>Journal of Physiology</i> , 2012, 590, 3035-3045.   | 1.3 | 213       |
| 22 | Efficacy of Melatonin Treatment in Jet Lag, Shift Work, and Blindness. <i>Journal of Biological Rhythms</i> , 1997, 12, 604-617.  | 1.4 | 212       |
| 23 | The Impact of Shift Work on Sleep, Alertness and Performance in Healthcare Workers. <i>Scientific Reports</i> , 2019, 9, 4635.  | 1.6 | 185       |
| 24 | The 3111 Clock gene polymorphism is not associated with sleep and circadian rhythmicity in phenotypically characterized human subjects. <i>Journal of Sleep Research</i> , 2002, 11, 305-312.             | 1.7 | 183       |
| 25 | Melanopsin and Rod Cone Photoreceptors Play Different Roles in Mediating Pupillary Light Responses during Exposure to Continuous Light in Humans. <i>Journal of Neuroscience</i> , 2012, 32, 14242-14253. | 1.7 | 181       |
| 26 | Diurnal Spectral Sensitivity of the Acute Alerting Effects of Light. <i>Sleep</i> , 2014, 37, 271-281.  | 0.6 | 162       |
| 27 | Recommendations for daytime, evening, and nighttime indoor light exposure to best support physiology, sleep, and wakefulness in healthy adults. <i>PLoS Biology</i> , 2022, 20, e3001571.                 | 2.6 | 158       |
| 28 | The Effects of Low-Dose 0.5-mg Melatonin on the Free-Running Circadian Rhythms of Blind Subjects. <i>Journal of Biological Rhythms</i> , 2003, 18, 420-429.   | 1.4 | 152       |
| 29 | Neurobehavioral, health, and safety consequences associated with shift work in safety-sensitive professions. <i>Current Neurology and Neuroscience Reports</i> , 2009, 9, 155-164.                        | 2.0 | 141       |
| 30 | Visual impairment and circadian rhythm disorders. <i>Dialogues in Clinical Neuroscience</i> , 2007, 9, 301-314.   | 1.8 | 138       |
| 31 | Acute Effects of Bright Light Exposure on Cortisol Levels. <i>Journal of Biological Rhythms</i> , 2010, 25, 208-216.  | 1.4 | 133       |
| 32 | Circadian Disruption, Sleep Loss, and Prostate Cancer Risk: A Systematic Review of Epidemiologic Studies. <i>Cancer Epidemiology Biomarkers and Prevention</i> , 2012, 21, 1002-1011.                     | 1.1 | 131       |
| 33 | Human phase response curve to a single 6.5 h pulse of short wavelength light. <i>Journal of Physiology</i> , 2013, 591, 353-363.  | 1.3 | 125       |
| 34 | Relationship between Napping and Melatonin in the Blind. <i>Journal of Biological Rhythms</i> , 1997, 12, 16-25.  | 1.4 | 118       |
| 35 | Adverse Health Effects of Nighttime Lighting. <i>American Journal of Preventive Medicine</i> , 2013, 45, 343-346.   | 1.6 | 118       |
| 36 | Common Sleep Disorders Increase Risk of Motor Vehicle Crashes and Adverse Health Outcomes in Firefighters. <i>Journal of Clinical Sleep Medicine</i> , 2015, 11, 233-240.                                 | 1.4 | 114       |

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|----|---|-----|-----------|
| 37 | Objective and subjective measures of sleepiness, and their associations with on-road driving events in shift workers. <i>Journal of Sleep Research</i> , 2013, 22, 58-69.                 | 1.7 | 106       |
| 38 | Neurobehavioral Performance Impairment in Insomnia: Relationships with Self-Reported Sleep and Daytime Functioning. <i>Sleep</i> , 2014, 37, 107-116.                                     | 0.6 | 105       |
| 39 | Randomized Controlled Trial of Light Therapy for Fatigue Following Traumatic Brain Injury. <i>Neurorehabilitation and Neural Repair</i> , 2014, 28, 303-313.                              | 1.4 | 101       |
| 40 | Sleep and Activity Rhythms are Related to Circadian Phase in the Blind. <i>Sleep</i> , 1999, 22, 616-623.   | 0.6 | 96        |
| 41 | Shift Work, Chronotype, and Melatonin Rhythm in Nurses. <i>Cancer Epidemiology Biomarkers and Prevention</i> , 2019, 28, 1177-1186.   | 1.1 | 96        |
| 42 | Blue Light Stimulates Cognitive Brain Activity in Visually Blind Individuals. <i>Journal of Cognitive Neuroscience</i> , 2013, 25, 2072-2085.   | 1.1 | 94        |
| 43 | Alertness, mood and performance rhythm disturbances associated with circadian sleep disorders in the blind. <i>Journal of Sleep Research</i> , 2008, 17, 207-216.                         | 1.7 | 93        |
| 44 | Efficacy of melatonin with behavioural sleep-wake scheduling for delayed sleep-wake phase disorder: A double-blind, randomised clinical trial. <i>PLoS Medicine</i> , 2018, 15, e1002587. | 3.9 | 92        |
| 45 | Circadian Rhythm Disorders and Melatonin Production in 127 Blind Women with and without Light Perception. <i>Journal of Biological Rhythms</i> , 2014, 29, 215-224.                       | 1.4 | 89        |
| 46 | Plasma Melatonin Rhythms In Young and Older Humans During Sleep, Sleep Deprivation, and Wake. <i>Sleep</i> , 2007, 30, 1437-1443.   | 0.6 | 88        |
| 47 | The effects of spectral tuning of evening ambient light on melatonin suppression, alertness and sleep. <i>Physiology and Behavior</i> , 2017, 177, 221-229.                               | 1.0 | 87        |
| 48 | How to Report Light Exposure in Human Chronobiology and Sleep Research Experiments. <i>Clocks &amp; Sleep</i> , 2019, 1, 280-289.   | 0.9 | 82        |
| 49 | Sleep Disruption Among Older Men and Risk of Prostate Cancer. <i>Cancer Epidemiology Biomarkers and Prevention</i> , 2013, 22, 872-879.   | 1.1 | 79        |
| 50 | The Physiological Period Length of the Human Circadian Clock In Vivo Is Directly Proportional to Period in Human Fibroblasts. <i>PLoS ONE</i> , 2010, 5, e13376.                          | 1.1 | 76        |
| 51 | Impact of Common Diabetes Risk Variant in <i>MTNR1B</i> on Sleep, Circadian, and Melatonin Physiology. <i>Diabetes</i> , 2016, 65, 1741-1751.   | 0.3 | 75        |
| 52 | Urinary Melatonin Levels, Sleep Disruption, and Risk of Prostate Cancer in Elderly Men. <i>European Urology</i> , 2015, 67, 191-194.  | 0.9 | 74        |
| 53 | Timing of Sleep and Its Relationship with the Endogenous Melatonin Rhythm. <i>Frontiers in Neurology</i> , 2010, 1, 137.  | 1.1 | 73        |
| 54 | Exploring the associations between shift work disorder, depression, anxiety and sick leave taken amongst nurses. <i>Journal of Sleep Research</i> , 2020, 29, e12872.                     | 1.7 | 73        |

| #  | ARTICLE   | IF   | CITATIONS |
|----|---|------|-----------|
| 55 | Sleep patterns predictive of daytime challenging behavior in individuals with low-functioning autism. <i>Autism Research</i> , 2018, 11, 391-403.   | 2.1  | 72        |
| 56 | When Policy Meets Physiology. <i>Clinical Orthopaedics and Related Research</i> , 2006, 449, 116-127.   | 0.7  | 71        |
| 57 | Extraocular Light Exposure Does Not Suppress Plasma Melatonin in Humans. <i>Journal of Clinical Endocrinology and Metabolism</i> , 1998, 83, 3369-3372.   | 1.8  | 69        |
| 58 | Deterioration of Neurobehavioral Performance in Resident Physicians During Repeated Exposure to Extended Duration Work Shifts. <i>Sleep</i> , 2012, 35, 1137-46.  | 0.6  | 69        |
| 59 | Prevalence of Circadian Misalignment and Its Association With Depressive Symptoms in Delayed Sleep Phase Disorder. <i>Sleep</i> , 2017, 40, .   | 0.6  | 69        |
| 60 | Preliminary Method for Prospective Analysis of the Circadian Efficacy of (Day)Light with Applications to Healthcare Architecture. <i>LEUKOS - Journal of Illuminating Engineering Society of North America</i> , 2008, 5, 1-26.   | 1.5  | 68        |
| 61 | Effects of light on human circadian rhythms. <i>Reproduction, Nutrition, Development</i> , 1999, 39, 295-304.   | 1.9  | 66        |
| 62 | A unified model of melatonin, 6-sulfatoxymelatonin, and sleep dynamics. <i>Journal of Pineal Research</i> , 2018, 64, e12474.   | 3.4  | 66        |
| 63 | Endogenous circadian regulation of pro-inflammatory cytokines and chemokines in the presence of bacterial lipopolysaccharide in humans. <i>Brain, Behavior, and Immunity</i> , 2015, 47, 4-13.                                    | 2.0  | 64        |
| 64 | Circadian Phase and Phase Angle Disorders in Primary Insomnia. <i>Sleep</i> , 2017, 40, .   | 0.6  | 64        |
| 65 | Shiftwork and Prostate-Specific Antigen in the National Health and Nutrition Examination Survey. <i>Journal of the National Cancer Institute</i> , 2013, 105, 1292-1297.  | 3.0  | 63        |
| 66 | Total visual blindness is protective against breast cancer. <i>Cancer Causes and Control</i> , 2009, 20, 1753-1756.   | 0.8  | 62        |
| 67 | Chronobiology of Epilepsy: Diagnostic and Therapeutic Implications of Chrono-Epileptology. <i>Journal of Clinical Neurophysiology</i> , 2011, 28, 146-153.  | 0.9  | 56        |
| 68 | Associations between sleep disturbances, mental health outcomes and burnout in firefighters, and the mediating role of sleep during overnight work: A cross-sectional study. <i>Journal of Sleep Research</i> , 2019, 28, e12869. | 1.7  | 56        |
| 69 | Associations between shift work characteristics, shift work schedules, sleep and burnout in North American police officers: a cross-sectional study. <i>BMJ Open</i> , 2019, 9, e030302.  | 0.8  | 56        |
| 70 | Effect on Patient Safety of a Resident Physician Schedule without 24-Hour Shifts. <i>New England Journal of Medicine</i> , 2020, 382, 2514-2523.  | 13.9 | 55        |
| 71 | Use of Melatonin in the Treatment of Phase Shift and Sleep Disorders. <i>Advances in Experimental Medicine and Biology</i> , 1999, 467, 79-84.  | 0.8  | 55        |
| 72 | Improved Neurobehavioral Performance during the Wake Maintenance Zone. <i>Journal of Clinical Sleep Medicine</i> , 2013, 09, 353-362.   | 1.4  | 54        |

| #  | ARTICLE  | IF  | CITATIONS |
|----|--|-----|-----------|
| 73 | Randomized, Prospective Study of the Impact of a Sleep Health Program on Firefighter Injury and Disability. <i>Sleep</i> , 2017, 40, .   | 0.6 | 54        |
| 74 | Increased sensitivity of the circadian system to light in delayed sleepâ€“wake phase disorder. <i>Journal of Physiology</i> , 2018, 596, 6249-6261.  | 1.3 | 54        |
| 75 | Nonâ€“24-Hour Sleepâ€“Wake Rhythm Disorder in Sighted and Blind Patients. <i>Sleep Medicine Clinics</i> , 2015, 10, 495-516.   | 1.2 | 51        |
| 76 | Endogenous Circadian Regulation of Female Reproductive Hormones. <i>Journal of Clinical Endocrinology and Metabolism</i> , 2019, 104, 6049-6059.   | 1.8 | 51        |
| 77 | Circadian Photoreception: Spotlight on the Brain. <i>Current Biology</i> , 2006, 16, R795-R797.  | 1.8 | 50        |
| 78 | Modeling Neurocognitive Decline and Recovery During Repeated Cycles of Extended Sleep and Chronic Sleep Deficiency. <i>Sleep</i> , 2017, 40, .   | 0.6 | 50        |
| 79 | Temporal dynamics of circadian phase shifting response to consecutive night shifts in healthcare workers: role of lightâ€“dark exposure. <i>Journal of Physiology</i> , 2018, 596, 2381-2395.                      | 1.3 | 48        |
| 80 | Modelling â€“non-visualâ€“ effects of daylighting in a residential environment. <i>Building and Environment</i> , 2013, 70, 138-149.   | 3.0 | 46        |
| 81 | Circadian phase resetting by a single short-duration light exposure. <i>JCI Insight</i> , 2017, 2, e89494.   | 2.3 | 46        |
| 82 | Does Simulator-Based Clinical Performance Correlate With Actual Hospital Behavior? The Effect of Extended Work Hours on Patient Care Provided by Medical Interns. <i>Academic Medicine</i> , 2010, 85, 1583-1588.  | 0.8 | 45        |
| 83 | Effective Implementation of Work-Hour Limits and Systemic Improvements. <i>Joint Commission Journal on Quality and Patient Safety</i> , 2007, 33, 19-29.   | 0.4 | 43        |
| 84 | Suppression of Melatonin Secretion in Totally Visually Blind People by Ocular Exposure to White Light. <i>Ophthalmology</i> , 2018, 125, 1160-1171.  | 2.5 | 42        |
| 85 | Functional decoupling of melatonin suppression and circadian phase resetting in humans. <i>Journal of Physiology</i> , 2018, 596, 2147-2157.   | 1.3 | 42        |
| 86 | Sleep Duration and Disruption and Prostate Cancer Risk: a 23-Year Prospective Study. <i>Cancer Epidemiology Biomarkers and Prevention</i> , 2016, 25, 302-308.   | 1.1 | 41        |
| 87 | Evaluation of a Single-Channel Nasal Pressure Device to Assess Obstructive Sleep Apnea Risk in Laboratory and Home Environments. <i>Journal of Clinical Sleep Medicine</i> , 2013, 09, 109-116.                    | 1.4 | 40        |
| 88 | Circadian clock genes and risk of fatal prostate cancer. <i>Cancer Causes and Control</i> , 2015, 26, 25-33.   | 0.8 | 39        |
| 89 | Randomised controlled trial of the efficacy of a blue-enriched light intervention to improve alertness and performance in night shift workers. <i>Occupational and Environmental Medicine</i> , 2017, 74, 792-801. | 1.3 | 39        |
| 90 | Synchronizing education to adolescent biology: â€“let teens sleep, start school laterâ€“TM. <i>Learning, Media and Technology</i> , 2015, 40, 210-226.   | 2.1 | 38        |

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|-----|--|-----|-----------|
| 91  | Solid-state lighting for the International Space Station: Tests of visual performance and melatonin regulation. <i>Acta Astronautica</i> , 2013, 92, 21-28.                                    | 1.7 | 37        |
| 92  | Sleepiness and driving events in shift workers: the impact of circadian and homeostatic factors. <i>Sleep</i> , 2019, 42, .  | 0.6 | 37        |
| 93  | Learning to Live on a Mars Day: Fatigue Countermeasures during the Phoenix Mars Lander Mission. <i>Sleep</i> , 2012, 35, 1423-35.  | 0.6 | 36        |
| 94  | Application of a Limit-Cycle Oscillator Model for Prediction of Circadian Phase in Rotating Night Shift Workers. <i>Scientific Reports</i> , 2019, 9, 11032.                                   | 1.6 | 36        |
| 95  | Daytime Exposure to Short- and Medium-Wavelength Light Did Not Improve Alertness and Neurobehavioral Performance. <i>Journal of Biological Rhythms</i> , 2016, 31, 470-482.                    | 1.4 | 34        |
| 96  | Is 8:30 a.m. Still Too Early to Start School? A 10:00 a.m. School Start Time Improves Health and Performance of Students Aged 13â€“16. <i>Frontiers in Human Neuroscience</i> , 2017, 11, 588. | 1.0 | 34        |
| 97  | Increased vulnerability to attentional failure during acute sleep deprivation in women depends on menstrual phase. <i>Sleep</i> , 2018, 41, .  | 0.6 | 34        |
| 98  | Sleep regularity is associated with sleep-wake and circadian timing, and mediates daytime function in Delayed Sleep-Wake Phase Disorder. <i>Sleep Medicine</i> , 2019, 58, 93-101.             | 0.8 | 34        |
| 99  | Timed Melatonin Treatment for Delayed Sleep Phase Syndrome: The Importance of Knowing Circadian Phase. <i>Sleep</i> , 2005, 28, 1214-1216.   | 0.6 | 33        |
| 100 | Inter-Individual Differences in Neurobehavioural Impairment following Sleep Restriction Are Associated with Circadian Rhythm Phase. <i>PLoS ONE</i> , 2015, 10, e0128273.                      | 1.1 | 33        |
| 101 | Temporal Dynamics of Ocular Indicators of Sleepiness across Sleep Restriction. <i>Journal of Biological Rhythms</i> , 2013, 28, 412-424.   | 1.4 | 31        |
| 102 | Circadian and wake-dependent changes in human plasma polar metabolites during prolonged wakefulness: A preliminary analysis. <i>Scientific Reports</i> , 2019, 9, 4428.                        | 1.6 | 31        |
| 103 | Self-reported Drowsiness and Safety Outcomes While Driving After an Extended Duration Work Shift in Trainee Physicians. <i>Sleep</i> , 2018, 41, .   | 0.6 | 30        |
| 104 | Characterizing the temporal Dynamics of Melatonin and Cortisol Changes in Response to Nocturnal Light Exposure. <i>Scientific Reports</i> , 2019, 9, 19720.                                    | 1.6 | 30        |
| 105 | Prediction of Cognitive Performance and Subjective Sleepiness Using a Model of Arousal Dynamics. <i>Journal of Biological Rhythms</i> , 2018, 33, 203-218.                                     | 1.4 | 29        |
| 106 | Modeling melanopsinâ€mediated effects of light on circadian phase, melatonin suppression, and subjective sleepiness. <i>Journal of Pineal Research</i> , 2020, 69, e12681.                     | 3.4 | 29        |
| 107 | Analysis Method and Experimental Conditions Affect Computed Circadian Phase from Melatonin Data. <i>PLoS ONE</i> , 2012, 7, e33836.  | 1.1 | 28        |
| 108 | Journal of Pineal Research guideline for authors: Measuring melatonin in humans. <i>Journal of Pineal Research</i> , 2020, 69, e12664.   | 3.4 | 28        |

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|-----|--|-----|-----------|
| 109 | Generalizability of A Neural Network Model for Circadian Phase Prediction in Real-World Conditions. <i>Scientific Reports</i> , 2019, 9, 11001.  | 1.6 | 27        |
| 110 | Pineal Gland Volume Assessed by MRI and Its Correlation with 6-Sulfatoxymelatonin Levels among Older Men. <i>Journal of Biological Rhythms</i> , 2016, 31, 461-469.  | 1.4 | 26        |
| 111 | Non-24-Hour Sleep-Wake Syndrome in Sighted and Blind Patients. <i>Sleep Medicine Clinics</i> , 2009, 4, 195-211.   | 1.2 | 25        |
| 112 | The wake maintenance zone shows task dependent changes in cognitive function following one night without sleep. <i>Sleep</i> , 2018, 41, .   | 0.6 | 25        |
| 113 | Validation of a Light Questionnaire with Real-life Photopic Illuminance Measurements: the Harvard Light Exposure Assessment Questionnaire. <i>Cancer Epidemiology Biomarkers and Prevention</i> , 2011, 20, 1341-1349. | 1.1 | 24        |
| 114 | Caffeine does not entrain the circadian clock but improves daytime alertness in blind patients with non-24-hour rhythms. <i>Sleep Medicine</i> , 2015, 16, 800-804.  | 0.8 | 24        |
| 115 | Circadian gene variants influence sleep and the sleep electroencephalogram in humans. <i>Chronobiology International</i> , 2016, 33, 561-573.  | 0.9 | 24        |
| 116 | Chronotype Genetic Variant in PER2 is Associated with Intrinsic Circadian Period in Humans. <i>Scientific Reports</i> , 2019, 9, 5350.   | 1.6 | 24        |
| 117 | Day-time naps and melatonin in blind people. <i>Lancet</i> , The, 1995, 346, 1491.   | 6.3 | 23        |
| 118 | Implementing a Sleep Health Education and Sleep Disorders Screening Program in Fire Departments. <i>Journal of Occupational and Environmental Medicine</i> , 2016, 58, 601-609.  | 0.9 | 23        |
| 119 | Behaviorally-determined sleep phenotypes are robustly associated with adaptive functioning in individuals with low functioning autism. <i>Scientific Reports</i> , 2017, 7, 14228.                                     | 1.6 | 23        |
| 120 | Effects on resident work hours, sleep duration, and work experience in a randomized order safety trial evaluating resident-physician schedules (ROSTERS). <i>Sleep</i> , 2019, 42, .                                   | 0.6 | 22        |
| 121 | Sleep Propensity under Forced Desynchrony in a Model of Arousal State Dynamics. <i>Journal of Biological Rhythms</i> , 2016, 31, 498-508.  | 1.4 | 21        |
| 122 | Classifying attentional vulnerability to total sleep deprivation using baseline features of Psychomotor Vigilance Test performance. <i>Scientific Reports</i> , 2019, 9, 12102.  | 1.6 | 21        |
| 123 | A Blue-Enriched, Increased Intensity Light Intervention to Improve Alertness and Performance in Rotating Night Shift Workers in an Operational Setting. <i>Nature and Science of Sleep</i> , 2021, Volume 13, 647-657. | 1.4 | 21        |
| 124 | In-person vs home schooling during the COVID-19 pandemic: Differences in sleep, circadian timing, and mood in early adolescence. <i>Journal of Pineal Research</i> , 2021, 71, e12757.                                 | 3.4 | 21        |
| 125 | Cross-sectional analysis of sleep-promoting and wake-promoting drug use on health, fatigue-related error, and near-crashes in police officers. <i>BMJ Open</i> , 2018, 8, e022041.                                     | 0.8 | 19        |
| 126 | Relationship between melatonin and bone resorption rhythms in premenopausal women. <i>Journal of Bone and Mineral Metabolism</i> , 2019, 37, 60-71.  | 1.3 | 19        |



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|-----|---|-----|-----------|
| 127 | Sleep and cognitive function of crewmembers and mission controllers working 24-h shifts during a simulated 105-day spaceflight mission. <i>Acta Astronautica</i> , 2014, 93, 230-242.   | 1.7 | 18        |
| 128 | The role of sleep hygiene in the risk of Shift Work Disorder in nurses. <i>Sleep</i> , 2020, 43, .  | 0.6 | 18        |
| 129 | Daytime Exposure to Short Wavelength-Enriched Light Improves Cognitive Performance in Sleep-Restricted College-Aged Adults. <i>Frontiers in Neurology</i> , 2021, 12, 624217.   | 1.1 | 18        |
| 130 | Extended Work Shifts and Neurobehavioral Performance in Resident-Physicians. <i>Pediatrics</i> , 2021, 147, .   | 1.0 | 18        |
| 131 | Exposure to Short Wavelength-Enriched White Light and Exercise Improves Alertness and Performance in Operational NASA Flight Controllers Working Overnight Shifts. <i>Journal of Occupational and Environmental Medicine</i> , 2021, 63, 111-118. | 0.9 | 18        |
| 132 | A Pre-Screening Questionnaire to Predict Non-24-Hour Sleep-Wake Rhythm Disorder (N24HSWD) among the Blind. <i>Journal of Clinical Sleep Medicine</i> , 2016, 12, 703-710.   | 1.4 | 17        |
| 133 | Light modulates oscillatory alpha activity in the occipital cortex of totally visually blind individuals with intact non-image-forming photoreception. <i>Scientific Reports</i> , 2018, 8, 16968.  | 1.6 | 17        |
| 134 | Brief (< 4 hr) sleep episodes are insufficient for restoring performance in first-year resident physicians working overnight extended-duration work shifts. <i>Sleep</i> , 2019, 42, .  | 0.6 | 17        |
| 135 | Menstrual phase-dependent differences in neurobehavioral performance: the role of temperature and the progesterone/estradiol ratio. <i>Sleep</i> , 2020, 43, .  | 0.6 | 17        |
| 136 | Spectral sensitivity of circadian phase resetting, melatonin suppression and acute alerting effects of intermittent light exposure. <i>Biochemical Pharmacology</i> , 2021, 191, 114504.  | 2.0 | 17        |
| 137 | Circadian lipid and hepatic protein rhythms shift with a phase response curve different than melatonin. <i>Nature Communications</i> , 2022, 13, 681.   | 5.8 | 17        |
| 138 | Ocular exposure to blue-enriched light has an asymmetric influence on neural activity and spatial attention. <i>Scientific Reports</i> , 2016, 6, 27754.  | 1.6 | 15        |
| 139 | The effectiveness of an individualized sleep and shift work education and coaching program to manage shift work disorder in nurses: a randomized controlled trial. <i>Journal of Clinical Sleep Medicine</i> , 2022, 18, 1035-1045.               | 1.4 | 15        |
| 140 | Safety considerations for the use of blue-light blocking glasses in shift-workers. <i>Journal of Pineal Research</i> , 2007, 42, 210-211.   | 3.4 | 14        |
| 141 | Ocular Measures of Sleepiness Are Increased in Night Shift Workers Undergoing a Simulated Night Shift Near the Peak Time of the 6-Sulfatoxymelatonin Rhythm. <i>Journal of Clinical Sleep Medicine</i> , 2015, 11, 1131-1141.                     | 1.4 | 14        |
| 142 | Light Me up? Why, When, and How Much Light We Need. <i>Journal of Biological Rhythms</i> , 2019, 34, 573-575.   | 1.4 | 12        |
| 143 | Home-based light therapy for fatigue following acquired brain injury: a pilot randomized controlled trial. <i>BMC Neurology</i> , 2021, 21, 262.  | 0.8 | 12        |
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