

# Michael Gradisar

## List of Publications by Year in descending order

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Version: 2024-02-01

117  
papers

8,963  
citations

47006

47  
h-index

43889

91  
g-index

117  
all docs

117  
docs citations

117  
times ranked

7125  
citing authors

#	ARTICLE	IF	CITATIONS
1	Electronic media use and sleep in school-aged children and adolescents: A review. <i>Sleep Medicine</i> , 2010, 11, 735-742.	1.6	910
2	Recent worldwide sleep patterns and problems during adolescence: A review and meta-analysis of age, region, and sleep. <i>Sleep Medicine</i> , 2011, 12, 110-118.	1.6	876
3	Protective and risk factors for adolescent sleep: A meta-analytic review. <i>Sleep Medicine Reviews</i> , 2015, 21, 72-85.	8.5	412
4	A meta-analysis and model of the relationship between sleep and depression in adolescents: Recommendations for future research and clinical practice. <i>Sleep Medicine Reviews</i> , 2014, 18, 521-529.	8.5	407
5	Toward a consensus definition of pathological video-gaming: A systematic review of psychometric assessment tools. <i>Clinical Psychology Review</i> , 2013, 33, 331-342.	11.4	398
6	The Sleep and Technology Use of Americans: Findings from the National Sleep Foundation's 2011 Sleep in America Poll. <i>Journal of Clinical Sleep Medicine</i> , 2013, 09, 1291-1299.	2.6	325
7	Assessing clinical trials of Internet addiction treatment: A systematic review and CONSORT evaluation. <i>Clinical Psychology Review</i> , 2011, 31, 1110-1116.	11.4	246
8	The relationship between insomnia and body temperatures. <i>Sleep Medicine Reviews</i> , 2008, 12, 307-317.	8.5	209
9	Time for Bed: Parent-Set Bedtimes Associated with Improved Sleep and Daytime Functioning in Adolescents. <i>Sleep</i> , 2011, 34, 797-800.	1.1	192
10	A Randomized Controlled Trial of Cognitive-Behavior Therapy Plus Bright Light Therapy for Adolescent Delayed Sleep Phase Disorder. <i>Sleep</i> , 2011, 34, 1671-1680.	1.1	189
11	The discrepancy between actigraphic and sleep diary measures of sleep in adolescents. <i>Sleep Medicine</i> , 2012, 13, 378-384.	1.6	180
12	The impact of sleep on adolescent depressed mood, alertness and academic performance. <i>Journal of Adolescence</i> , 2013, 36, 1025-1033.	2.4	171
13	Evaluation of a School-Based Intervention for Adolescent Sleep Problems. <i>Sleep</i> , 2009, 32, 334-341.	1.1	165
14	A motivational school-based intervention for adolescent sleep problems. <i>Sleep Medicine</i> , 2011, 12, 246-251.	1.6	157
15	Withdrawal symptoms in internet gaming disorder: A systematic review. <i>Clinical Psychology Review</i> , 2016, 43, 58-66.	11.4	151
16	Youth Screen Media Habits and Sleep. <i>Child and Adolescent Psychiatric Clinics of North America</i> , 2018, 27, 229-245.	1.9	146
17	Estimating adolescent sleep patterns: parent reports versus adolescent self-report surveys, sleep diaries, and actigraphy. <i>Nature and Science of Sleep</i> , 2013, 5, 23.	2.7	127
18	The impact of prolonged violent video-gaming on adolescent sleep: an experimental study. <i>Journal of Sleep Research</i> , 2013, 22, 137-143.	3.2	126

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19	The Effect of Presleep Video-Game Playing on Adolescent Sleep. <i>Journal of Clinical Sleep Medicine</i> , 2010, 06, 184-189.	2.6	115
20	The sleep patterns and well-being of Australian adolescents. <i>Journal of Adolescence</i> , 2013, 36, 103-110.	2.4	104
21	Behavioral Interventions for Infant Sleep Problems: A Randomized Controlled Trial. <i>Pediatrics</i> , 2016, 137, .	2.1	101
22	The Flinders Fatigue Scale: Preliminary Psychometric Properties and Clinical Sensitivity of a New Scale for Measuring Daytime Fatigue associated with Insomnia. <i>Journal of Clinical Sleep Medicine</i> , 2007, 03, 722-728.	2.6	99
23	A Cross-Cultural Comparison of Sleep Duration Between U.S. and Australian Adolescents. <i>Health Education and Behavior</i> , 2013, 40, 323-330.	2.5	98
24	Does one hour of bright or short-wavelength filtered tablet screenlight have a meaningful effect on adolescents' pre-bedtime alertness, sleep, and daytime functioning?. <i>Chronobiology International</i> , 2014, 31, 496-505.	2.0	96
25	Cognitive-Behavioral Approaches to Outpatient Treatment of Internet Addiction in Children and Adolescents. <i>Journal of Clinical Psychology</i> , 2012, 68, 1185-1195.	1.9	94
26	Chronotype, circadian rhythms and mood. <i>Current Opinion in Psychology</i> , 2020, 34, 77-83.	4.9	84
27	A randomised controlled trial of cognitive-behaviour therapy for behavioural insomnia of childhood in school-aged children. <i>Behaviour Research and Therapy</i> , 2011, 49, 379-388.	3.1	83
28	Self-reported sleep patterns and quality amongst adolescents: cross-sectional and prospective associations with anxiety and depression. <i>Journal of Child Psychology and Psychiatry and Allied Disciplines</i> , 2020, 61, 1126-1137.	5.2	81
29	Evaluation of novel school-based interventions for adolescent sleep problems: does parental involvement and bright light improve outcomes?. <i>Sleep Health</i> , 2015, 1, 66-74.	2.5	80
30	Is shortened sleep duration a risk factor for overweight and obesity during adolescence? A review of the empirical literature. <i>Sleep Medicine</i> , 2012, 13, 779-786.	1.6	77
31	Delayed sleep phase disorder in youth. <i>Current Opinion in Psychiatry</i> , 2013, 26, 580-585.	6.3	72
32	Delayed Sleep Phase Disorder in an Australian School-Based Sample of Adolescents. <i>Journal of Clinical Sleep Medicine</i> , 2013, 09, 939-944.	2.6	69
33	The role of insomnia, pre-sleep arousal and psychopathology symptoms in daytime impairment in adolescents with high-functioning autism spectrum disorder. <i>Sleep Medicine</i> , 2014, 15, 1082-1088.	1.6	69
34	Sleep timing, chronotype, mood, and behavior at an Arctic latitude (69°N). <i>Sleep Medicine</i> , 2014, 15, 798-807.	1.6	67
35	An investigation of sleep patterns in adolescents with high-functioning autism spectrum disorder compared with typically developing adolescents. <i>Developmental Neurorehabilitation</i> , 2013, 16, 155-165.	1.1	66
36	Family Disorganization, Sleep Hygiene, and Adolescent Sleep Disturbance. <i>Journal of Clinical Child and Adolescent Psychology</i> , 2009, 38, 745-752.	3.4	65

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37	Insomnia and its Symptoms in Adolescents: Comparing DSM-IV and ICSD-II Diagnostic Criteria. <i>Journal of Clinical Sleep Medicine</i> , 2012, 08, 295-299.	2.6	64
38	The etiology of delayed sleep phase disorder. <i>Sleep Medicine Reviews</i> , 2016, 27, 29-38.	8.5	63
39	Does comorbid obstructive sleep apnea impair the effectiveness of cognitive and behavioral therapy for insomnia?. <i>Sleep Medicine</i> , 2017, 39, 38-46.	1.6	63
40	The sleep patterns and problems of clinically anxious children. <i>Behaviour Research and Therapy</i> , 2009, 47, 339-344.	3.1	62
41	The endogenous circadian temperature period length ( $\tau$ ) in delayed sleep phase disorder compared to good sleepers. <i>Journal of Sleep Research</i> , 2013, 22, 617-624.	3.2	62
42	Relationships between the Circadian Rhythms of Finger Temperature, Core Temperature, Sleep Latency, and Subjective Sleepiness. <i>Journal of Biological Rhythms</i> , 2004, 19, 157-163.	2.6	60
43	Identifying Adolescent Sleep Problems. <i>PLoS ONE</i> , 2013, 8, e75301.	2.5	59
44	Trying to fall asleep while catastrophising: what sleep-disordered adolescents think and feel. <i>Sleep Medicine</i> , 2014, 15, 96-103.	1.6	58
45	Assessing cognitive processes related to insomnia: A review and measurement guide for Harvey's cognitive model for the maintenance of insomnia. <i>Sleep Medicine Reviews</i> , 2015, 23, 46-53.	8.5	56
46	Nocturnal Melatonin Profiles in Patients with Delayed Sleep-Wake Phase Disorder and Control Sleepers. <i>Journal of Biological Rhythms</i> , 2015, 30, 437-448.	2.6	54
47	The Flinders Fatigue Scale: preliminary psychometric properties and clinical sensitivity of a new scale for measuring daytime fatigue associated with insomnia. <i>Journal of Clinical Sleep Medicine</i> , 2007, 3, 722-8.	2.6	51
48	Circadian Melatonin and Temperature $\tau$ in Delayed Sleep-wake Phase Disorder and Non-24-hour Sleep-wake Rhythm Disorder Patients. <i>Journal of Biological Rhythms</i> , 2016, 31, 387-405.	2.6	50
49	Dismantling the bidirectional relationship between paediatric sleep and anxiety. <i>Clinical Psychologist</i> , 2012, 16, 44-56.	0.8	48
50	Craving for internet games? Withdrawal symptoms from an 84-h abstinence from Massively Multiplayer Online gaming. <i>Computers in Human Behavior</i> , 2016, 62, 488-494.	8.5	48
51	REM sleep fragmentation associated with depressive symptoms and genetic risk for depression in a community-based sample of adolescents. <i>Journal of Affective Disorders</i> , 2019, 245, 757-763.	4.1	45
52	The effect of presleep video-game playing on adolescent sleep. <i>Journal of Clinical Sleep Medicine</i> , 2010, 6, 184-9.	2.6	45
53	Single night video game use leads to sleep loss and attention deficits in older adolescents. <i>Journal of Adolescence</i> , 2014, 37, 1003-1009.	2.4	44
54	How Many Sleep Diary Entries Are Needed to Reliably Estimate Adolescent Sleep?. <i>Sleep</i> , 2017, 40, .	1.1	44

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55	Acute finger temperature changes preceding sleep onsets over a 45-h period. <i>Journal of Sleep Research</i> , 2002, 11, 275-282.	3.2	42
56	Development of Late Circadian Preference: Sleep Timing From Childhood to Late Adolescence. <i>Journal of Pediatrics</i> , 2018, 194, 182-189.e1.	1.8	41
57	The Chronic Sleep Reduction Questionnaire (CSRQ): a cross-cultural comparison and validation in Dutch and Australian adolescents. <i>Journal of Sleep Research</i> , 2012, 21, 584-594.	3.2	40
58	Are cognitive "insomnia" processes involved in the development and maintenance of delayed sleep wake phase disorder?. <i>Sleep Medicine Reviews</i> , 2016, 26, 1-8.	8.5	37
59	Protective and risk factors associated with adolescent sleep: findings from Australia, Canada, and The Netherlands. <i>Sleep Medicine</i> , 2016, 26, 97-103.	1.6	36
60	Parental Influences on Adolescent Video Game Play: A Study of Accessibility, Rules, Limit Setting, Monitoring, and Cybersafety. <i>Cyberpsychology, Behavior, and Social Networking</i> , 2015, 18, 273-279.	3.9	32
61	Trajectories of abstinence-induced Internet gaming withdrawal symptoms: A prospective pilot study. <i>Addictive Behaviors Reports</i> , 2016, 4, 24-30.	1.9	29
62	Intrinsic and extrinsic predictors of video-gaming behaviour and adolescent bedtimes: the relationship between flow states, self-perceived risk-taking, device accessibility, parental regulation of media and bedtime. <i>Sleep Medicine</i> , 2017, 30, 64-70.	1.6	29
63	Assessment and Treatment of Delayed Sleep Phase Disorder in Adolescents. <i>Sleep Medicine Clinics</i> , 2014, 9, 199-210.	2.6	26
64	Can exercise regulate the circadian system of adolescents? Novel implications for the treatment of delayed sleep-wake phase disorder. <i>Sleep Medicine Reviews</i> , 2017, 34, 122-129.	8.5	26
65	Adolescent napping behavior: Comparisons of school week versus weekend sleep patterns. <i>Sleep and Biological Rhythms</i> , 2008, 6, 183-186.	1.0	24
66	Sleep's role in the development and resolution of adolescent depression. , 2022, 1, 512-523.		24
67	Do chronic primary insomniacs have impaired heat loss when attempting sleep?. <i>American Journal of Physiology - Regulatory Integrative and Comparative Physiology</i> , 2006, 290, R1115-R1121.	1.8	23
68	Adolescents who perceive fewer consequences of risk-taking choose to switch off games later at night. <i>Acta Paediatrica, International Journal of Paediatrics</i> , 2015, 104, e222-7.	1.5	23
69	Effectiveness of Brief Abstinence for Modifying Problematic Internet Gaming Cognitions and Behaviors. <i>Journal of Clinical Psychology</i> , 2017, 73, 1573-1585.	1.9	22
70	New Directions in the Link Between Technology Use and Sleep in Young People. , 2017, , 69-80.		22
71	Do symptoms of depression, anxiety or stress impair the effectiveness of cognitive behavioural therapy for insomnia? A chart-review of 455 patients with chronic insomnia. <i>Sleep Medicine</i> , 2020, 75, 401-410.	1.6	22
72	Sleep, screen time and behaviour problems in preschool children: an actigraphy study. <i>European Child and Adolescent Psychiatry</i> , 2021, 30, 1793-1802.	4.7	22

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73	Sleep Characteristics and Mood of Professional Esports Athletes: A Multi-National Study. <i>International Journal of Environmental Research and Public Health</i> , 2021, 18, 664.	2.6	22
74	Personality differences in patients with delayed sleepâ€“wake phase disorder and non-24-h sleepâ€“wake rhythm disorder relative to healthy sleepers. <i>Sleep Medicine</i> , 2017, 30, 128-135.	1.6	21
75	Cognitive â€œinsomniaâ€•processes in delayed sleepâ€“wake phase disorder: Do they exist and are they responsive to chronobiological treatment?. <i>Journal of Consulting and Clinical Psychology</i> , 2019, 87, 16-32.	2.0	21
76	Screening for Sleep Reduction in Adolescents Through Self-report: Development and Validation of the Sleep Reduction Screening Questionnaire (SRSQ). <i>Child and Youth Care Forum</i> , 2014, 43, 607-619.	1.6	20
77	An investigation of the longitudinal relationship between sleep and depressed mood in developing teens. <i>Nature and Science of Sleep</i> , 2017, Volume 9, 3-10.	2.7	20
78	Brief schoolâ€“based interventions to assist adolescentsâ€™ sleepâ€“onset latency: Comparing mindfulness and constructive worry versus controls. <i>Journal of Sleep Research</i> , 2018, 27, e12668.	3.2	20
79	Sleep in older adolescents. Results from a large crossâ€“sectional, populationâ€“based study. <i>Journal of Sleep Research</i> , 2021, 30, e13263.	3.2	20
80	Readiness to change and commitment as predictors of therapy compliance in adolescents with Delayed Sleep-Wake Phase Disorder. <i>Sleep Medicine</i> , 2019, 55, 48-55.	1.6	19
81	Risk Factors and Sleep Intervention Considerations in Esports: A Review and Practical Guide. <i>Sleep Medicine Research</i> , 2019, 10, 59-66.	0.6	19
82	Can the circadian phase be estimated from self-reported sleep timing in patients with Delayed Sleep Wake Phase Disorder to guide timing of chronobiologic treatment?. <i>Chronobiology International</i> , 2016, 33, 1376-1390.	2.0	18
83	Delayed sleepâ€“wake phase disorder in young adults: prevalence and correlates from a national survey of Norwegian university students. <i>Sleep Medicine</i> , 2021, 77, 184-191.	1.6	18
84	Pediatric motor activity during sleep as measured by actigraphy. <i>Sleep</i> , 2019, 42, .	1.1	17
85	Circadian typology and implications for adolescent sleep health. Results from a large, cross-sectional, school-based study. <i>Sleep Medicine</i> , 2021, 83, 63-70.	1.6	17
86	Sleep in Children and Adolescents with Obsessive-Compulsive Disorder. <i>Sleep Medicine Clinics</i> , 2015, 10, 133-141.	2.6	16
87	Validation of the Flinders Fatigue Scale as a measure of daytime fatigue. <i>Sleep Medicine</i> , 2017, 30, 105-112.	1.6	15
88	Infant sleep during COVID-19: Longitudinal analysis of infants of US mothers in home confinement versus working as usual. <i>Sleep Health</i> , 2021, 7, 19-23.	2.5	15
89	CBT-I Cannot Rest Until the Sleepy Teen Can. <i>Sleep</i> , 2015, 38, 1841-1842.	1.1	14
90	An open trial of bedtime fading for sleep disturbances in preschool children: a parent group education approach. <i>Sleep Medicine</i> , 2018, 46, 98-106.	1.6	14

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91	The roles of repetitive negative thinking and perfectionism in explaining the relationship between sleep onset difficulties and depressed mood in adolescents. <i>Sleep Health</i> , 2020, 6, 166-171.	2.5	14
92	Depressed mood and repetitive negative thinking in Delayed Sleep-Wake Phase Disorder: Treatment effects and a comparison with good sleepers. <i>Journal of Sleep Research</i> , 2022, 31, e13452.	3.2	14
93	How internal and external cues for bedtime affect sleep and adaptive functioning in adolescents. <i>Sleep Medicine</i> , 2019, 59, 1-6.	1.6	13
94	Perfectionism and insomnia in adolescents: The role of vulnerability to stress and gender. <i>Journal of Adolescence</i> , 2020, 85, 70-79.	2.4	13
95	Self-reported sleep duration, sleep quality and sleep problems in Mexican adults: Results of the 2016 Mexican National Halfway Health and Nutrition Survey. <i>Sleep Health</i> , 2021, 7, 246-253.	2.5	13
96	Sleep and screen exposure across the beginning of life: deciphering the links using big-data analytics. <i>Sleep</i> , 2021, 44, .	1.1	13
97	The role of pre-sleep cognitions in adolescent sleep-onset problems. <i>Sleep Medicine</i> , 2018, 46, 117-121.	1.6	12
98	Sleep spindles in adolescence: a comparison across sleep restriction and sleep extension. <i>Sleep Medicine</i> , 2018, 50, 166-174.	1.6	12
99	Sleep Characteristics and Risk Factors of Korean Esports Athletes: An Exploratory Study. <i>Sleep Medicine Research</i> , 2020, 11, 77-87.	0.6	12
100	COVID-19 babies: auto-videosomnography and parent reports of infant sleep, screen time, and parent well-being in 2019 vs 2020. <i>Sleep Medicine</i> , 2021, 85, 259-267.	1.6	11
101	Adolescent sleep and fluid intelligence performance. <i>Sleep and Biological Rhythms</i> , 2010, 8, 180-186.	1.0	10
102	Caffeine and Sleep in Adolescents: A Systematic Review. <i>Journal of Caffeine Research</i> , 2015, 5, 105-114.	0.9	10
103	Mechanisms influencing older adolescents' bedtimes during videogaming: the roles of game difficulty and flow. <i>Sleep Medicine</i> , 2017, 39, 70-76.	1.6	10
104	The Development of Insomnia or the Plasticity of Good Sleep? A Preliminary Study of Acute Changes in Sleep and Insomnia Resulting from an Analogue Trauma. <i>Behavioral Sleep Medicine</i> , 2015, 13, 19-35.	2.1	8
105	Daytime sleepiness, driving performance, reaction time and inhibitory control during sleep restriction therapy for Chronic Insomnia Disorder. <i>Sleep Medicine</i> , 2018, 45, 44-48.	1.6	8
106	Cognitive performance in DSWPD patients upon awakening from habitual sleep compared with forced conventional sleep. <i>Journal of Sleep Research</i> , 2019, 28, e12730.	3.2	8
107	Parents matter: barriers and solutions when implementing behavioural sleep interventions for infant sleep problems. <i>Sleep Medicine</i> , 2021, 84, 244-252.	1.6	8
108	Wi-Fi off, devices out: do parent-set technology rules play a role in adolescent sleep?. <i>Sleep Medicine: X</i> , 2022, 4, 100046.	1.5	8

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109	The short and long of adolescent sleep: the unique impact of day length. <i>Sleep Medicine</i> , 2017, 38, 31-36.	1.6	7
110	Understanding Sleep-Wake Behavior in Late Chronotype Adolescents: The Role of Circadian Phase, Sleep Timing, and Sleep Propensity. <i>Frontiers in Psychiatry</i> , 2022, 13, 785079.	2.6	7
111	Evaluation of a Brief Sleep Intervention Designed to Improve the Sleep, Mood, and Cognitive Performance of Esports Athletes. <i>International Journal of Environmental Research and Public Health</i> , 2022, 19, 4146.	2.6	6
112	Sleep latency versus shuteye latency: Prevalence, predictors and relation to insomnia symptoms in a representative sample of adults. <i>Journal of Sleep Research</i> , 2018, 27, e12737.	3.2	5
113	Adolescent napping behavior: Dysfunctional cognitions and negative affect. <i>Sleep and Biological Rhythms</i> , 2008, 6, 260-263.	1.0	4
114	Sleep Hygiene and Environment. , 2013, , .		4
115	A randomised controlled dismantling trial of sleep restriction therapies for chronic insomnia disorder in middle childhood: effects on sleep and anxiety, and possible contraindications. <i>Journal of Sleep Research</i> , 0, , .	3.2	2
116	A clinician's quick guide of evidence-based approaches: Paediatric sleep disorders. <i>Clinical Psychologist</i> , 2014, 18, 133-134.	0.8	1
117	Let's Talk about Sleep Baby: Sexual Activity Postpartum and Its Links with Room Sharing, Parent Sleep, and Objectively Measured Infant Sleep and Parent Nighttime Crib Visits. <i>Journal of Sex Research</i> , 0, , 1-12.	2.5	1