

Helena Hachul

List of Publications by Year in descending order

Source: <https://exaly.com/author-pdf/4148999/publications.pdf>

Version: 2024-02-01

122
papers

2,165
citations

257450

24
h-index

276875

41
g-index

125
all docs

125
docs citations

125
times ranked

2200
citing authors

#	ARTICLE	IF	CITATIONS
1	Pre-eclampsia and nasal CPAP: Part 2. Hypertension during pregnancy, chronic snoring, and early nasal CPAP intervention. <i>Sleep Medicine</i> , 2007, 9, 15-21.	1.6	142
2	Yoga decreases insomnia in postmenopausal women. <i>Menopause</i> , 2012, 19, 186-193.	2.0	133
3	The association of testosterone, sleep, and sexual function in men and women. <i>Brain Research</i> , 2011, 1416, 80-104.	2.2	120
4	Sleep disturbances, oxidative stress and cardiovascular risk parameters in postmenopausal women complaining of insomnia. <i>Climacteric</i> , 2006, 9, 312-319.	2.4	88
5	Effects of hormone therapy with estrogen and/or progesterone on sleep pattern in postmenopausal women. <i>International Journal of Gynecology and Obstetrics</i> , 2008, 103, 207-212.	2.3	81
6	Does the reproductive cycle influence sleep patterns in women with sleep complaints?. <i>Climacteric</i> , 2010, 13, 594-603.	2.4	77
7	Sleep in post-menopausal women: Differences between early and late post-menopause. <i>European Journal of Obstetrics, Gynecology and Reproductive Biology</i> , 2009, 145, 81-84.	1.1	69
8	Treatment of chronic insomnia disorder in menopause. <i>Menopause</i> , 2015, 22, 674-684.	2.0	68
9	Medicinal Plants as Alternative Treatments for Female Sexual Dysfunction: Utopian Vision or Possible Treatment in Climacteric Women?. <i>Journal of Sexual Medicine</i> , 2010, 7, 3695-3714.	0.6	56
10	Isoflavones decrease insomnia in postmenopause. <i>Menopause</i> , 2011, 18, 178-184.	2.0	55
11	Influence of Dietary Sources of Melatonin on Sleep Quality: A Review. <i>Journal of Food Science</i> , 2020, 85, 5-13.	3.1	53
12	The effect of menopause on objective sleep parameters: Data from an epidemiologic study in São Paulo, Brazil. <i>Maturitas</i> , 2015, 80, 170-178.	2.4	48
13	Waist circumference and postmenopause stages as the main associated factors for sleep apnea in women. <i>Menopause</i> , 2015, 22, 835-844.	2.0	47
14	The effects of mindfulness and relaxation training for insomnia (MRTI) on postmenopausal women: a pilot study. <i>Menopause</i> , 2018, 25, 992-1003.	2.0	45
15	Effect of therapeutic massage on insomnia and climacteric symptoms in postmenopausal women. <i>Climacteric</i> , 2012, 15, 21-29.	2.4	43
16	Association between obesity and sleep disorders in postmenopausal women. <i>Menopause</i> , 2018, 25, 139-144.	2.0	43
17	Acupuncture improves sleep in postmenopause in a randomized, double-blind, placebo-controlled study. <i>Climacteric</i> , 2012, 16, 36-40.	2.4	40
18	Mind-body interventions for the treatment of insomnia: a review. <i>Revista Brasileira De Psiquiatria</i> , 2010, 32, 437-443.	1.7	38

#	ARTICLE	IF	CITATIONS
19	The relationship between sleep apnea, metabolic dysfunction and inflammation: The gender influence. <i>Brain, Behavior, and Immunity</i> , 2017, 59, 211-218.	4.1	33
20	A population-based survey on the influence of the menstrual cycle and the use of hormonal contraceptives on sleep patterns in São Paulo, Brazil. <i>International Journal of Gynecology and Obstetrics</i> , 2013, 120, 137-140.	2.3	31
21	Obstructive Sleep Apnea Predisposes to Nonalcoholic Fatty Liver Disease in Patients with Polycystic Ovary Syndrome. <i>Endocrine Practice</i> , 2014, 20, 244-251.	2.1	31
22	Experts'™ opinions on terminology for complementary and integrative medicine – a qualitative study with leading experts. <i>BMC Complementary and Alternative Medicine</i> , 2012, 12, 218.	3.7	30
23	Premenstrual syndrome and sleep disturbances: Results from the Sao Paulo Epidemiologic Sleep Study. <i>Psychiatry Research</i> , 2018, 264, 427-431.	3.3	29
24	The Prospective and Retrospective Memory Questionnaire: A population-based random sampling study. <i>Memory</i> , 2010, 18, 413-426.	1.7	28
25	Frequencia dos distúrbios de sono em mulheres na pos-menopausa com sobrepeso/obesidade. <i>Revista Brasileira De Ginecologia E Obstetricia</i> , 2014, 36, 90-96.	0.8	28
26	Effect of massage in postmenopausal women with insomnia – A pilot study. <i>Clinics</i> , 2011, 66, 343-346.	1.5	27
27	Executive functioning in obstructive sleep apnea syndrome patients without comorbidities: Focus on the fractionation of executive functions. <i>Journal of Clinical and Experimental Neuropsychology</i> , 2013, 35, 1094-1107.	1.3	26
28	Effects of isoflavone on the learning and memory of women in menopause: a double-blind placebo-controlled study. <i>Brazilian Journal of Medical and Biological Research</i> , 2010, 43, 1123-1126.	1.5	25
29	Sleep in Postmenopausal Women. <i>Qualitative Health Research</i> , 2012, 22, 466-475.	2.1	24
30	The association of insomnia and quality of life: Sao Paulo epidemiologic sleep study (EPISONO). <i>Sleep Health</i> , 2020, 6, 629-635.	2.5	24
31	Prevalência de distúrbios do sono na pós-menopausa. <i>Revista Brasileira De Ginecologia E Obstetricia</i> , 2005, 27, 731-736.	0.8	23
32	Mindfulness interventions during pregnancy: A narrative review. <i>Journal of Integrative Medicine</i> , 2020, 18, 470-477.	3.1	23
33	Physical therapy reduces insomnia symptoms in postmenopausal women. <i>Maturitas</i> , 2008, 61, 281-284.	2.4	20
34	Sleep pattern in women with menstrual pain. <i>Sleep Medicine</i> , 2011, 12, 1028-1030.	1.6	20
35	Is mindfulness associated with insomnia after menopause?. <i>Menopause</i> , 2014, 21, 301-305.	2.0	20
36	Gender differences in the application of anthropometric measures for evaluation of obstructive sleep apnea. <i>Sleep Science</i> , 2019, 12, 2-9.	1.0	19

#	ARTICLE	IF	CITATIONS
37	Nocturia – disturbed sleep: a review. <i>International Urogynecology Journal</i> , 2012, 23, 255-267.	1.4	18
38	Acupuncture to Treat Sleep Disorders in Postmenopausal Women: A Systematic Review. <i>Evidence-based Complementary and Alternative Medicine</i> , 2015, 2015, 1-16.	1.2	18
39	Hormonal contraceptive use and subjective sleep reports in women: An online survey. <i>Journal of Sleep Research</i> , 2020, 29, e12983.	3.2	18
40	Psychological Treatment for Sleepwalking: two case reports. <i>Clinics</i> , 2011, 66, 517-520.	1.5	18
41	Sleep disorders in polycystic ovary syndrome: influence of obesity and hyperandrogenism. <i>Revista Da Associação Médica Brasileira</i> , 2019, 65, 375-383.	0.7	16
42	Age and leptinemia association with anxiety and depression symptoms in overweight middle-aged women. <i>Menopause</i> , 2019, 26, 317-324.	2.0	16
43	Estrogen therapy reduces nocturnal periodic limb movements. <i>Maturitas</i> , 2007, 58, 319-322.	2.4	15
44	Lavender essential oil on postmenopausal women with insomnia: Double-blind randomized trial. <i>Complementary Therapies in Medicine</i> , 2021, 59, 102726.	2.7	15
45	The Relationship Between Sexual Function and Quality of Sleep in Caregiving Mothers of Sons with Duchenne Muscular Dystrophy. <i>Sexual Medicine</i> , 2014, 2, 133-140.	1.6	14
46	Temporal Analysis of Chronic Musculoskeletal Pain and Sleep in Postmenopausal Women. <i>Journal of Clinical Sleep Medicine</i> , 2019, 15, 223-234.	2.6	14
47	Clinical profile of menopausal insomniac women referred to sleep laboratory. <i>Acta Obstetrica Et Gynecologica Scandinavica</i> , 2009, 88, 422-427.	2.8	13
48	The beneficial effects of massage therapy for insomnia in postmenopausal women. <i>Sleep Science</i> , 2014, 7, 114-116.	1.0	13
49	Insomnia with Musculoskeletal Pain in Postmenopause: Associations with Symptoms, Mood, and Quality of Life. <i>Journal of Menopausal Medicine</i> , 2018, 24, 17.	1.1	13
50	Complementary and alternative therapies for treatment of insomnia in women in postmenopause. <i>Climacteric</i> , 2014, 17, 645-653.	2.4	12
51	Impact of insomnia on pain in postmenopausal women. <i>Climacteric</i> , 2017, 20, 262-267.	2.4	12
52	Effects of hormonal contraceptives on sleep - A possible treatment for insomnia in premenopausal women. <i>Sleep Science</i> , 2018, 11, 129-136.	1.0	12
53	Women's Sleep Disorders: Integrative Care. <i>Sleep Science</i> , 2017, 10, 174-180.	1.0	11
54	Does menopause influence nocturnal awakening with headache?. <i>Climacteric</i> , 2013, 16, 362-368.	2.4	10

#	ARTICLE	IF	CITATIONS
55	Fibromyalgia and Sleep in Animal Models: A Current Overview and Future Directions. <i>Current Pain and Headache Reports</i> , 2014, 18, 434.	2.9	10
56	Depression and obesity, but not mild obstructive sleep apnea, are associated factors for female sexual dysfunction. <i>Sleep and Breathing</i> , 2022, 26, 697-705.	1.7	10
57	Effects of isoflavone on oxidative stress parameters and homocysteine in postmenopausal women complaining of insomnia. <i>Biological Research</i> , 2009, 42, .	3.4	10
58	Musculoskeletal pain and the reproductive life stage in women: is there a relationship?. <i>Climacteric</i> , 2016, 19, 279-284.	2.4	9
59	A randomized comparative trial of a combined oral contraceptive and azelaic acid to assess their effect on sleep quality in adult female acne patients. <i>Archives of Dermatological Research</i> , 2015, 307, 905-915.	1.9	8
60	Preliminary evidence of acylated ghrelin association with depression severity in postmenopausal women. <i>Scientific Reports</i> , 2021, 11, 5319.	3.3	8
61	The importance of quality of sleep in menopause. <i>Climacteric</i> , 2014, 17, 613-613.	2.4	7
62	Chiropractic intervention in the treatment of postmenopausal climacteric symptoms and insomnia: A review. <i>Maturitas</i> , 2014, 78, 3-7.	2.4	7
63	Yoga increased serum estrogen levels in postmenopausal women—a case report. <i>Menopause</i> , 2016, 23, 584-586.	2.0	7
64	Sleep pattern and spectral analysis of caregiver-mothers of sons with Duchenne muscular dystrophy, and an examination of differences between carriers and non-carriers. <i>Sleep Medicine</i> , 2017, 32, 114-121.	1.6	7
65	The impact of primary dysmenorrhea on sleep and the consequences for adolescent academic performance. <i>Journal of Clinical Sleep Medicine</i> , 2020, 16, 467-468.	2.6	7
66	Hot flashes, insomnia, and the reproductive stages: a cross-sectional observation of women from the EPISONO study. <i>Journal of Clinical Sleep Medicine</i> , 2021, 17, 2257-2267.	2.6	7
67	Dispositional mindfulness, anticipation and abstinence symptoms related to hypnotic dependence among insomniac women who seek treatment: A cross-sectional study. <i>PLoS ONE</i> , 2018, 13, e0194035.	2.5	6
68	Insomnia Pharmacotherapy: a Review of Current Treatment Options for Insomnia in Menopause. <i>Current Sleep Medicine Reports</i> , 2017, 3, 299-305.	1.4	5
69	Oxygen saturation during sleep as a predictor of inflammation in anovulatory women. <i>Sleep and Breathing</i> , 2021, 25, 1247-1255.	1.7	5
70	Waist-to-height ratio and waist circumference as the main measures to evaluate obstructive sleep apnea in the woman's reproductive life stages. <i>Women and Health</i> , 2021, 61, 277-288.	1.0	5
71	Melatonin and vitamin D: complementary therapeutic strategies for breast cancer. <i>Supportive Care in Cancer</i> , 2021, 29, 3433-3434.	2.2	5
72	Menopause Transition Symptom Clusters: Sleep Disturbances and Sexual Dysfunction. <i>Journal of Women's Health</i> , 2015, 24, 958-959.	3.3	4

#	ARTICLE	IF	CITATIONS
73	The Role of Mindfulness in the Insomnia Severity of Female Chronic Hypnotic Users. <i>International Journal of Behavioral Medicine</i> , 2018, 25, 526-531.	1.7	4
74	Sleeping for two: The importance of good sleep during pregnancy. <i>Women and Birth</i> , 2018, 31, e142-e143.	2.0	4
75	Effects of Bach Flower Remedies on Menopausal Symptoms and Sleep Pattern: A Case Report. <i>Alternative Therapies in Health and Medicine</i> , 2017, 23, 44-48.	0.0	4
76	Effects of isoflavone on oxidative stress parameters and homocysteine in postmenopausal women complaining of insomnia. <i>Biological Research</i> , 2009, 42, 281-7.	3.4	4
77	Sleep quality based on the use of different sanitary pads during menstruation. <i>International Journal of Gynecology and Obstetrics</i> , 2011, 115, 57-60.	2.3	3
78	The Strength beyond the Muscle. <i>Journal of Palliative Medicine</i> , 2014, 17, 1280-1281.	1.1	3
79	Letter to the Editor. <i>Pain</i> , 2014, 155, 1043-1044.	4.2	3
80	Can Sleep Hygiene Behaviors Improve Sleep Quality in Midlife Women?. <i>Journal of Women's Health</i> , 2015, 24, 252-253.	3.3	3
81	The Age of Menopause and their Associated Factors: A Cross-Sectional Population-Based Study. <i>Journal of Women's Health Care</i> , 2016, 5, .	0.2	3
82	The Follicle-Stimulating Hormone as Best Classifier for Diagnosis of Natural Menopause. <i>Journal of Gynecologic Surgery</i> , 2017, 33, 236-242.	0.1	3
83	Plasma Leptin and Premenstrual Syndrome: A Review. <i>Obstetrical and Gynecological Survey</i> , 2017, 72, 659-662.	0.4	3
84	Acute benzodiazepine administration induces changes in homocysteine metabolism in young healthy volunteers. <i>Progress in Neuro-Psychopharmacology and Biological Psychiatry</i> , 2009, 33, 933-938.	4.8	2
85	Approach towards mild depression: Shortest way to treat climacteric syndrome?. <i>Maturitas</i> , 2013, 74, 105.	2.4	2
86	Psychotherapy Improved the Sleep Quality in a Patient Who Was a Victim of Child Sexual Abuse: A Case Report. <i>Journal of Sexual Medicine</i> , 2013, 10, 3146-3150.	0.6	2
87	Mindfulness-based intervention to treat insomnia in elderly people. <i>Contemporary Clinical Trials</i> , 2014, 39, 166-167.	1.8	2
88	Integrative medicine, quality of life and gynecological cancer. <i>Supportive Care in Cancer</i> , 2016, 24, 1455-1456.	2.2	2
89	Lack of sleep can jeopardize vaccine effectiveness. <i>American Journal of Infection Control</i> , 2017, 45, 96-97.	2.3	2
90	The Important Role of Sleep in Female Sexual Function. <i>Journal of Sexual Medicine</i> , 2019, 16, 1484-1485.	0.6	2

#	ARTICLE	IF	CITATIONS
91	The relationship between insomnia and endometriosis. <i>Journal of Clinical Sleep Medicine</i> , 2020, 16, 1387-1388.	2.6	2
92	Clinical Roundup: How Do You Treat Insomnia in Your Practice? Part 1. <i>Alternative and Complementary Therapies</i> , 2010, 16, 242-245.	0.1	1
93	Demand for Multicentric Climatic Research to Investigate the Relationship Between Sleep Apnea and Other Disorders and Seasonality. <i>Chest</i> , 2012, 142, 1689.	0.8	1
94	Effects of sleep and endocrine system on health of fragility fracture patients. <i>Maturitas</i> , 2013, 76, 384.	2.4	1
95	Circadian rhythms, insomnia and osteoarthritis pain. <i>Chronobiology International</i> , 2015, 32, 1323-1324.	2.0	1
96	Sleep, pain and exercise: An integrative perspective on neuroscience education. <i>Manual Therapy</i> , 2015, 20, e1-e2.	1.6	1
97	Face-to-face: The importance of the human factor in the treatment of insomnia. <i>Journal of Affective Disorders</i> , 2017, 211, 116-117.	4.1	1
98	More sleep? An adaptive response to control pain after traumatic brain injury. <i>Sleep Medicine</i> , 2017, 37, 218.	1.6	1
99	Sleep quality in the end of pregnancy and its relevance in labor. <i>Archives of Gynecology and Obstetrics</i> , 2018, 298, 843-844.	1.7	1
100	Correlation of insomnia with menstrual pain and premenstrual syndrome. <i>Australian and New Zealand Journal of Obstetrics and Gynaecology</i> , 2019, 59, E10-E11.	1.0	1
101	Hot flashes: treating the mind, body and soul. <i>Menopause</i> , 2019, 26, 461-462.	2.0	1
102	Effects of Mindfulness-Based Relapse Prevention on the Chronic use of Hypnotics in Treatment-Seeking Women with Insomnia: a Randomized Controlled Trial. <i>International Journal of Behavioral Medicine</i> , 2021, , 1.	1.7	1
103	Insomnia During Menopause. <i>Current Clinical Neurology</i> , 2020, , 323-335.	0.2	1
104	Sleep quality in women who use different contraceptive methods. <i>Sleep Science</i> , 2020, 13, 131-137.	1.0	1
105	Letter to the Editor. <i>Menopause</i> , 2012, 19, 1165.	2.0	0
106	Relevance of Serial Interferon- β Release Assays in Health-care Workers: Response. <i>Chest</i> , 2012, 142, 1688-1689.	0.8	0
107	How Does Sleep Relate to Metabolic Syndrome in Women with Sexual Dysfunction?. <i>Journal of Sexual Medicine</i> , 2014, 11, 3123-3124.	0.6	0
108	Fibromyalgia: Is it Possible to Measure the Association of Subjective and Objective Pain? Comment on the Article by Wolfe et al. <i>Arthritis Care and Research</i> , 2014, 66, 1269-1270.	3.4	0

#	ARTICLE	IF	CITATIONS
109	Biopsychosocial context may influence hot flashes as well as mood, cognitive performance and sleep. <i>Maturitas</i> , 2015, 82, 441.	2.4	0
110	Letters to the Editor. <i>Menopause</i> , 2015, 22, 122-123.	2.0	0
111	Insomnia and Menopause. , 2017, , 181-197.		0
112	Is there a relationship between excessive sugar consumption and sleep quality in children?. <i>International Journal of Food Sciences and Nutrition</i> , 2018, 69, 901-901.	2.8	0
113			