

Helena Hachul

List of Publications by Year in descending order

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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	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
2	Oxygen saturation during sleep as a predictor of inflammation in anovulatory women. <i>Sleep and Breathing</i> , 2021, 25, 1247-1255.	1.7	5
3	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
4	Monitored sleep extension: a feasible strategy to improve diet and women's health. <i>Journal of Clinical Sleep Medicine</i> , 2021, 17, 351-352.	2.6	0
5	Preliminary evidence of acylated ghrelin association with depression severity in postmenopausal women. <i>Scientific Reports</i> , 2021, 11, 5319.	3.3	8
6	Melatonin and vitamin D: complementary therapeutic strategies for breast cancer. <i>Supportive Care in Cancer</i> , 2021, 29, 3433-3434.	2.2	5
7	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
8	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
9	Polycystic ovary syndrome and its possible association with sleep complaints. <i>Archives of Women's Mental Health</i> , 2021, 24, 1055-1057.	2.6	0
10	Lavender essential oil on postmenopausal women with insomnia: Double-blind randomized trial. <i>Complementary Therapies in Medicine</i> , 2021, 59, 102726.	2.7	15
11	The Potential of Black Cohosh in the Treatment of Depression and Anxiety Due to Menopause: An Effective and More Natural Solution?. <i>Alternative Therapies in Health and Medicine</i> , 2021, 27, 88-89.	0.0	0
12	Influence of Dietary Sources of Melatonin on Sleep Quality: A Review. <i>Journal of Food Science</i> , 2020, 85, 5-13.	3.1	53
13	Mindfulness interventions during pregnancy: A narrative review. <i>Journal of Integrative Medicine</i> , 2020, 18, 470-477.	3.1	23
14	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
15	The relationship between insomnia and endometriosis. <i>Journal of Clinical Sleep Medicine</i> , 2020, 16, 1387-1388.	2.6	2
16	Hormonal contraceptive use and subjective sleep reports in women: An online survey. <i>Journal of Sleep Research</i> , 2020, 29, e12983.	3.2	18
17	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
18	Insomnia During Menopause. <i>Current Clinical Neurology</i> , 2020, , 323-335.	0.2	1

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19	Assessing sleep among the next generation of healthcare delivery professionals. <i>Sleep Science</i> , 2020, 13, 92-93.	1.0	0
20	Sleep quality in women who use different contraceptive methods. <i>Sleep Science</i> , 2020, 13, 131-137.	1.0	1
21	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
22	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
23	0347 Insomnia and Quality of Life in Sleep Pattern: Sao Paulo Epidemiologic Sleep Study (EPISONO). <i>Sleep</i> , 2019, 42, A142-A142.	1.1	0
24	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
25	The Important Role of Sleep in Female Sexual Function. <i>Journal of Sexual Medicine</i> , 2019, 16, 1484-1485.	0.6	2
26	Age and leptinemia association with anxiety and depression symptoms in overweight middle-aged women. <i>Menopause</i> , 2019, 26, 317-324.	2.0	16
27	Hot flashes: treating the mind, body and soul. <i>Menopause</i> , 2019, 26, 461-462.	2.0	1
28	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
29	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
30	Premenstrual syndrome and sleep disturbances: Results from the Sao Paulo Epidemiologic Sleep Study. <i>Psychiatry Research</i> , 2018, 264, 427-431.	3.3	29
31	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
32	Association between obesity and sleep disorders in postmenopausal women. <i>Menopause</i> , 2018, 25, 139-144.	2.0	43
33	Sleeping for two: The importance of good sleep during pregnancy. <i>Women and Birth</i> , 2018, 31, e142-e143.	2.0	4
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37	Does L-carnitine Supplementation Improve Sleep Quality in Children with Autism?. Basic and Clinical Pharmacology and Toxicology, 2018, 123, 229-230.	2.5	0
38	Insomnia with Musculoskeletal Pain in Postmenopause: Associations with Symptoms, Mood, and Quality of Life. Journal of Menopausal Medicine, 2018, 24, 17.	1.1	13
39	Dispositional mindfulness, anticipation and abstinence symptoms related to hypnotic dependence among insomniac women who seek treatment: A cross-sectional study. PLoS ONE, 2018, 13, e0194035.	2.5	6
40	Effects of hormonal contraceptives on sleep - A possible treatment for insomnia in premenopausal women. Sleep Science, 2018, 11, 129-136.	1.0	12
41	Sleep pattern and spectral analysis of caregiver-mothers of sons with Duchenne muscular dystrophy, and an examination of differences between carriers and non-carriers. Sleep Medicine, 2017, 32, 114-121.	1.6	7
42	Face-to-face: The importance of the human factor in the treatment of insomnia. Journal of Affective Disorders, 2017, 211, 116-117.	4.1	1
43	Impact of insomnia on pain in postmenopausal women. Climacteric, 2017, 20, 262-267.	2.4	12
44	Insomnia Pharmacotherapy: a Review of Current Treatment Options for Insomnia in Menopause. Current Sleep Medicine Reports, 2017, 3, 299-305.	1.4	5
45	The Follicle-Stimulating Hormone as Best Classifier for Diagnosis of Natural Menopause. Journal of Gynecologic Surgery, 2017, 33, 236-242.	0.1	3
46	More sleep? An adaptive response to control pain after traumatic brain injury. Sleep Medicine, 2017, 37, 218.	1.6	1
47	Plasma Leptin and Premenstrual Syndrome: A Review. Obstetrical and Gynecological Survey, 2017, 72, 659-662.	0.4	3
48	Insomnia and Menopause. , 2017, , 181-197.		0
49	Lack of sleep can jeopardize vaccine effectiveness. American Journal of Infection Control, 2017, 45, 96-97.	2.3	2
50	The relationship between sleep apnea, metabolic dysfunction and inflammation: The gender influence. Brain, Behavior, and Immunity, 2017, 59, 211-218.	4.1	33
51	Women's Sleep Disorders: Integrative Care. Sleep Science, 2017, 10, 174-180.	1.0	11
52	Effects of Bach Flower Remedies on Menopausal Symptoms and Sleep Pattern: A Case Report. Alternative Therapies in Health and Medicine, 2017, 23, 44-48.	0.0	4
53	The Age of Menopause and their Associated Factors: A Cross-Sectional Population-Based Study. Journal of Women's Health Care, 2016, 5, .	0.2	3
54	Musculoskeletal pain and the reproductive life stage in women: is there a relationship?. Climacteric, 2016, 19, 279-284.	2.4	9

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55	Integrative medicine, quality of life and gynecological cancer. Supportive Care in Cancer, 2016, 24, 1455-1456.	2.2	2
56	Yoga increased serum estrogen levels in postmenopausal women—a case report. Menopause, 2016, 23, 584-586.	2.0	7
57	Menopausal symptoms and obesity: Is there a relationship?. Journal of Pharmacy and Bioallied Sciences, 2016, 8, 346.	0.6	0
58	Menopause Transition Symptom Clusters: Sleep Disturbances and Sexual Dysfunction. Journal of Women's Health, 2015, 24, 958-959.	3.3	4
59	Biopsychosocial context may influence hot flashes as well as mood, cognitive performance and sleep. Maturitas, 2015, 82, 441.	2.4	0
60	Treatment of chronic insomnia disorder in menopause. Menopause, 2015, 22, 674-684.	2.0	68
61	Waist circumference and postmenopause stages as the main associated factors for sleep apnea in women. Menopause, 2015, 22, 835-844.	2.0	47
62	Letters to the Editor. Menopause, 2015, 22, 122-123.	2.0	0
63	Acupuncture to Treat Sleep Disorders in Postmenopausal Women: A Systematic Review. Evidence-based Complementary and Alternative Medicine, 2015, 2015, 1-16.	1.2	18
64	Can Sleep Hygiene Behaviors Improve Sleep Quality in Midlife Women?. Journal of Women's Health, 2015, 24, 252-253.	3.3	3
65	A randomized comparative trial of a combined oral contraceptive and azelaic acid to assess their effect on sleep quality in adult female acne patients. Archives of Dermatological Research, 2015, 307, 905-915.	1.9	8
66	Circadian rhythms, insomnia and osteoarthritis pain. Chronobiology International, 2015, 32, 1323-1324.	2.0	1
67	Sleep, pain and exercise: An integrative perspective on neuroscience education. Manual Therapy, 2015, 20, e1-e2.	1.6	1
68	The effect of menopause on objective sleep parameters: Data from an epidemiologic study in São Paulo, Brazil. Maturitas, 2015, 80, 170-178.	2.4	48
69	How Does Sleep Relate to Metabolic Syndrome in Women with Sexual Dysfunction?. Journal of Sexual Medicine, 2014, 11, 3123-3124.	0.6	0
70	Complementary and alternative therapies for treatment of insomnia in women in postmenopause. Climacteric, 2014, 17, 645-653.	2.4	12
71	The Strength beyond the Muscle. Journal of Palliative Medicine, 2014, 17, 1280-1281.	1.1	3
72	The importance of quality of sleep in menopause. Climacteric, 2014, 17, 613-613.	2.4	7

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73	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
74	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
75	Is mindfulness associated with insomnia after menopause?. <i>Menopause</i> , 2014, 21, 301-305.	2.0	20
76	The beneficial effects of massage therapy for insomnia in postmenopausal women. <i>Sleep Science</i> , 2014, 7, 114-116.	1.0	13
77	Mindfulness-based intervention to treat insomnia in elderly people. <i>Contemporary Clinical Trials</i> , 2014, 39, 166-167.	1.8	2
78	Letter to the Editor. <i>Pain</i> , 2014, 155, 1043-1044.	4.2	3
79	Chiropractic intervention in the treatment of postmenopausal climacteric symptoms and insomnia: A review. <i>Maturitas</i> , 2014, 78, 3-7.	2.4	7
80	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
81	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
82	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
83	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
84	Effects of sleep and endocrine system on health of fragility fracture patients. <i>Maturitas</i> , 2013, 76, 384.	2.4	1
85	Approach towards mild depression: Shortest way to treat climacteric syndrome?. <i>Maturitas</i> , 2013, 74, 105.	2.4	2
86	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
87	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
88	Does menopause influence nocturnal awakening with headache?. <i>Climacteric</i> , 2013, 16, 362-368.	2.4	10
89	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
90	Yoga decreases insomnia in postmenopausal women. <i>Menopause</i> , 2012, 19, 186-193.	2.0	133

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91	Letter to the Editor. Menopause, 2012, 19, 1165.	2.0	0
92	Relevance of Serial Interferon- β Release Assays in Health-care Workers: Response. Chest, 2012, 142, 1688-1689.	0.8	0
93	Sleep in Postmenopausal Women. Qualitative Health Research, 2012, 22, 466-475.	2.1	24
94	Experts'™ opinions on terminology for complementary and integrative medicine – a qualitative study with leading experts. BMC Complementary and Alternative Medicine, 2012, 12, 218.	3.7	30
95	Effect of therapeutic massage on insomnia and climacteric symptoms in postmenopausal women. Climacteric, 2012, 15, 21-29.	2.4	43
96	Acupuncture improves sleep in postmenopause in a randomized, double-blind, placebo-controlled study. Climacteric, 2012, 16, 36-40.	2.4	40
97	Nocturia – disturbed sleep: a review. International Urogynecology Journal, 2012, 23, 255-267.	1.4	18
98	Sleep quality based on the use of different sanitary pads during menstruation. International Journal of Gynecology and Obstetrics, 2011, 115, 57-60.	2.3	3
99	Sleep pattern in women with menstrual pain. Sleep Medicine, 2011, 12, 1028-1030.	1.6	20
100	Effect of massage in postmenopausal women with insomnia – A pilot study. Clinics, 2011, 66, 343-346.	1.5	27
101	Isoflavones decrease insomnia in postmenopause. Menopause, 2011, 18, 178-184.	2.0	55
102	The association of testosterone, sleep, and sexual function in men and women. Brain Research, 2011, 1416, 80-104.	2.2	120
103	Psychological Treatment for Sleepwalking: two case reports. Clinics, 2011, 66, 517-520.	1.5	18
104	Medicinal Plants as Alternative Treatments for Female Sexual Dysfunction: Utopian Vision or Possible Treatment in Climacteric Women?. Journal of Sexual Medicine, 2010, 7, 3695-3714.	0.6	56
105	Mind-body interventions for the treatment of insomnia: a review. Revista Brasileira De Psiquiatria, 2010, 32, 437-443.	1.7	38
106	Effects of isoflavone on the learning and memory of women in menopause: a double-blind placebo-controlled study. Brazilian Journal of Medical and Biological Research, 2010, 43, 1123-1126.	1.5	25
107	Does the reproductive cycle influence sleep patterns in women with sleep complaints?. Climacteric, 2010, 13, 594-603.	2.4	77
108	Clinical Roundup: How Do You Treat Insomnia in Your Practice?™Part 1. Alternative and Complementary Therapies, 2010, 16, 242-245.	0.1	1

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109	The Prospective and Retrospective Memory Questionnaire: A population-based random sampling study. <i>Memory</i> , 2010, 18, 413-426.	1.7	28
110	Clinical profile of menopausal insomniac women referred to sleep laboratory. <i>Acta Obstetrica Et Gynecologica Scandinavica</i> , 2009, 88, 422-427.	2.8	13
111	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
112	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
113	Effects of isoflavone on oxidative stress parameters and homocysteine in postmenopausal women complaining of insomnia. <i>Biological Research</i> , 2009, 42, .	3.4	10
114	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
115	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
116	Physical therapy reduces insomnia symptoms in postmenopausal women. <i>Maturitas</i> , 2008, 61, 281-284.	2.4	20
117	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
118	Estrogen therapy reduces nocturnal periodic limb movements. <i>Maturitas</i> , 2007, 58, 319-322.	2.4	15
119	Sleep disturbances, oxidative stress and cardiovascular risk parameters in postmenopausal women complaining of insomnia. <i>Climacteric</i> , 2006, 9, 312-319.	2.4	88
120	Prevalência de distúrbios do sono na pós-menopausa. <i>Revista Brasileira De Ginecologia E Obstetricia</i> , 2005, 27, 731-736.	0.8	23
121	Yoga para melhora dos sintomas do climatério em mulheres na pós-menopausa com insônia. <i>Revista Brasileira De Medicina De Família E Comunidade</i> , 0, 7, 77.	0.4	0
122	Pesquisas do ambulatório de insônia no climatério. <i>Revista Brasileira De Medicina De Família E Comunidade</i> , 0, 7, 18.	0.4	0