

Kai Spiegelhalder

List of Publications by Year in descending order

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Version: 2024-02-01

72
papers

10,696
citations

94433

37
h-index

82547

72
g-index

77
all docs

77
docs citations

77
times ranked

9413
citing authors

#	ARTICLE	IF	CITATIONS
1	Insomnia as a predictor of depression: A meta-analytic evaluation of longitudinal epidemiological studies. <i>Journal of Affective Disorders</i> , 2011, 135, 10-19.	4.1	1,881
2	European guideline for the diagnosis and treatment of insomnia. <i>Journal of Sleep Research</i> , 2017, 26, 675-700.	3.2	1,334
3	The hyperarousal model of insomnia: A review of the concept and its evidence. <i>Sleep Medicine Reviews</i> , 2010, 14, 19-31.	8.5	1,265
4	Sleep and mental disorders: A meta-analysis of polysomnographic research.. <i>Psychological Bulletin</i> , 2016, 142, 969-990.	6.1	658
5	Insomnia as a predictor of mental disorders: A systematic review and meta-analysis. <i>Sleep Medicine Reviews</i> , 2019, 43, 96-105.	8.5	614
6	Insomnia disorder. <i>Nature Reviews Disease Primers</i> , 2015, 1, 15026.	30.5	425
7	The neurobiology, investigation, and treatment of chronic insomnia. <i>Lancet Neurology</i> , The, 2015, 14, 547-558.	10.2	385
8	Genome-wide association study identifies genetic loci for self-reported habitual sleep duration supported by accelerometer-derived estimates. <i>Nature Communications</i> , 2019, 10, 1100.	12.8	369
9	Sleep changes in the disorder of insomnia: A meta-analysis of polysomnographic studies. <i>Sleep Medicine Reviews</i> , 2014, 18, 195-213.	8.5	261
10	Biological and clinical insights from genetics of insomnia symptoms. <i>Nature Genetics</i> , 2019, 51, 387-393.	21.4	250
11	Does REM sleep contribute to subjective wake time in primary insomnia? A comparison of polysomnographic and subjective sleep in 100 patients. <i>Journal of Sleep Research</i> , 2008, 17, 180-190.	3.2	168
12	Increased EEG sigma and beta power during NREM sleep in primary insomnia. <i>Biological Psychology</i> , 2012, 91, 329-333.	2.2	151
13	No pain, no gain: An exploratory within-subjects mixed-methods evaluation of the patient experience of sleep restriction therapy (SRT) for insomnia. <i>Sleep Medicine</i> , 2011, 12, 735-747.	1.6	149
14	The reorganisation of memory during sleep. <i>Sleep Medicine Reviews</i> , 2014, 18, 531-541.	8.5	145
15	The European Academy for Cognitive Behavioural Therapy for Insomnia: An initiative of the European Insomnia Network to promote implementation and dissemination of treatment. <i>Journal of Sleep Research</i> , 2020, 29, e12967.	3.2	138
16	Slow dissolving of emotional distress contributes to hyperarousal. <i>Proceedings of the National Academy of Sciences of the United States of America</i> , 2016, 113, 2538-2543.	7.1	133
17	The microstructure of sleep in primary insomnia: An overview and extension. <i>International Journal of Psychophysiology</i> , 2013, 89, 171-180.	1.0	128
18	Insomnia Disorder is Associated with Increased Amygdala Reactivity to Insomnia-Related Stimuli. <i>Sleep</i> , 2014, 37, 1907-1917.	1.1	125

#	ARTICLE	IF	CITATIONS
19	Genome-wide association analysis of self-reported daytime sleepiness identifies 42 loci that suggest biological subtypes. <i>Nature Communications</i> , 2019, 10, 3503.	12.8	117
20	The effectiveness of behavioural and cognitive behavioural therapies for insomnia on depressive and fatigue symptoms: A systematic review and network meta-analysis. <i>Sleep Medicine Reviews</i> , 2018, 37, 114-129.	8.5	114
21	Sleep recalibrates homeostatic and associative synaptic plasticity in the human cortex. <i>Nature Communications</i> , 2016, 7, 12455.	12.8	109
22	Sleep and cognitive performance: cross-sectional associations in the UK Biobank. <i>Sleep Medicine</i> , 2017, 38, 85-91.	1.6	102
23	Insomnia Does Not Appear to be Associated With Substantial Structural Brain Changes. <i>Sleep</i> , 2013, 36, 731-737.	1.1	97
24	A lack of consistent brain alterations in insomnia disorder: An activation likelihood estimation meta-analysis. <i>Sleep Medicine Reviews</i> , 2018, 42, 111-118.	8.5	89
25	Associations between self-reported sleep quality and white matter in community-dwelling older adults: A prospective cohort study. <i>Human Brain Mapping</i> , 2017, 38, 5465-5473.	3.6	87
26	Sleep-related attentional bias in insomnia: A state-of-the-science review. <i>Clinical Psychology Review</i> , 2015, 42, 16-27.	11.4	83
27	Cognitive behavioral therapy for insomnia in patients with mental disorders and comorbid insomnia: A systematic review and meta-analysis. <i>Sleep Medicine Reviews</i> , 2022, 62, 101597.	8.5	80
28	Altered Emotion Perception in Insomnia Disorder. <i>Sleep</i> , 2014, 37, 775-783.	1.1	79
29	Insomnia disorder: State of the science and challenges for the future. <i>Journal of Sleep Research</i> , 2022, 31, .	3.2	77
30	Modulation of Total Sleep Time by Transcranial Direct Current Stimulation (tDCS). <i>Neuropsychopharmacology</i> , 2016, 41, 2577-2586.	5.4	76
31	Neuroimaging Insights into Insomnia. <i>Current Neurology and Neuroscience Reports</i> , 2015, 15, 9.	4.2	62
32	Reference Data for Polysomnography-Measured and Subjective Sleep in Healthy Adults. <i>Journal of Clinical Sleep Medicine</i> , 2018, 14, 523-532.	2.6	61
33	Polysomnographic Characteristics of Sleep in Stroke: A Systematic Review and Meta-Analysis. <i>PLoS ONE</i> , 2016, 11, e0148496.	2.5	52
34	REM sleep and memory reorganization: Potential relevance for psychiatry and psychotherapy. <i>Neurobiology of Learning and Memory</i> , 2015, 122, 28-40.	1.9	48
35	Neuroimaging insights into the link between depression and Insomnia: A systematic review. <i>Journal of Affective Disorders</i> , 2019, 258, 133-143.	4.1	44
36	Insomnia with objective short sleep duration is associated with longer duration of insomnia in the Freiburg Insomnia Cohort compared to insomnia with normal sleep duration, but not with hypertension. <i>PLoS ONE</i> , 2017, 12, e0180339.	2.5	43

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37	Making sleep easier: pharmacological interventions for insomnia. <i>Expert Opinion on Pharmacotherapy</i> , 2018, 19, 1465-1473.	1.8	42
38	Differential effects of bifrontal tDCS on arousal and sleep duration in insomnia patients and healthy controls. <i>Brain Stimulation</i> , 2019, 12, 674-683.	1.6	42
39	A Systematic Review and Network Meta-Analysis of Randomized Controlled Trials Evaluating the Evidence Base of Melatonin, Light Exposure, Exercise, and Complementary and Alternative Medicine for Patients with Insomnia Disorder. <i>Journal of Clinical Medicine</i> , 2020, 9, 1949.	2.4	40
40	Affect and Arousal in Insomnia: Through a Lens of Neuroimaging Studies. <i>Current Psychiatry Reports</i> , 2020, 22, 44.	4.5	37
41	The effects of digital cognitive behavioral therapy for insomnia on cognitive function: a randomized controlled trial. <i>Sleep</i> , 2020, 43, .	1.1	36
42	Sleep Stage Transition Dynamics Reveal Specific Stage 2 Vulnerability in Insomnia. <i>Sleep</i> , 2017, 40, .	1.1	32
43	Magnetic Resonance Spectroscopy in Patients with Insomnia: A Repeated Measurement Study. <i>PLoS ONE</i> , 2016, 11, e0156771.	2.5	31
44	Sleep Strengthens but does Not Reorganize Memory Traces in a Verbal Creativity Task. <i>Sleep</i> , 2016, 39, 705-713.	1.1	30
45	Efficacy of a Self-Help Web-Based Recovery Training in Improving Sleep in Workers: Randomized Controlled Trial in the General Working Population. <i>Journal of Medical Internet Research</i> , 2020, 22, e13346.	4.3	30
46	The exploratory power of sleep effort, dysfunctional beliefs and arousal for insomnia severity and polysomnography-determined sleep. <i>Journal of Sleep Research</i> , 2015, 24, 399-406.	3.2	29
47	Can spectral power predict subjective sleep quality in healthy individuals?. <i>Journal of Sleep Research</i> , 2019, 28, e12848.	3.2	26
48	HPA axis activity in patients with chronic insomnia: A systematic review and meta-analysis of case-control studies. <i>Sleep Medicine Reviews</i> , 2022, 62, 101588.	8.5	25
49	Cognitive behavioral treatment for insomnia is equally effective in insomnia patients with objective short and normal sleep duration. <i>Sleep Medicine</i> , 2020, 66, 271-275.	1.6	22
50	Restless Legs Syndrome in Older Adults. <i>Clinics in Geriatric Medicine</i> , 2008, 24, 167-180.	2.6	21
51	Perfectionism and Polysomnography-Determined Markers of Poor Sleep. <i>Journal of Clinical Sleep Medicine</i> , 2017, 13, 1319-1326.	2.6	20
52	Psychological interventions to improve sleep in college students: A meta-analysis of randomized controlled trials. <i>Journal of Sleep Research</i> , 2021, 30, e13097.	3.2	20
53	ENIGMA-Sleep: Challenges, opportunities, and the road map. <i>Journal of Sleep Research</i> , 2021, 30, e13347.	3.2	19
54	Engaging Refugees With a Culturally Adapted Digital Intervention to Improve Sleep: A Randomized Controlled Pilot Trial. <i>Frontiers in Psychiatry</i> , 2022, 13, 832196.	2.6	19

#	ARTICLE	IF	CITATIONS
55	Cognitive behavioural therapy for insomnia does not appear to have a substantial impact on early markers of cardiovascular disease: A preliminary randomized controlled trial. <i>Journal of Sleep Research</i> , 2020, 29, e13102.	3.2	16
56	Does Perfectionism Increase the Risk for Dropout From Cognitive Behavioral Therapy for Insomnia?. <i>Journal of Clinical Sleep Medicine</i> , 2018, 14, 487-488.	2.6	15
57	Clinical Sleepâ€“Wake Disorders II: Focus on Insomnia and Circadian Rhythm Sleep Disorders. <i>Handbook of Experimental Pharmacology</i> , 2017, 253, 261-276.	1.8	12
58	Effects of digital Cognitive Behavioural Therapy for Insomnia on cognitive function: study protocol for a randomised controlled trial. <i>Trials</i> , 2017, 18, 281.	1.6	12
59	Reply to Hua Liu, HaiCun Shi and PingLei Pan: Coordinate based meta-analyses in a medium sized literature: Considerations, limitations and road ahead. <i>Sleep Medicine Reviews</i> , 2018, 42, 236-238.	8.5	12
60	Brief periods of NREM sleep do not promote early offline gains but subsequent on-task performance in motor skill learning. <i>Neurobiology of Learning and Memory</i> , 2017, 145, 18-27.	1.9	11
61	No Association Between Amygdala Responses to Negative Faces and Depressive Symptoms: Cross-Sectional Data from 28,638 Individuals in the UK Biobank Cohort. <i>American Journal of Psychiatry</i> , 2022, 179, 509-513.	7.2	11
62	Pre-Sleep Arousal Scale (PSAS) and the Time Monitoring Behavior-10 scale (TMB-10) in good sleepers and patients with insomnia. <i>Sleep Medicine</i> , 2019, 56, 98-103.	1.6	10
63	The Relationship between Brain Morphology and Polysomnography in Healthy Good Sleepers. <i>PLoS ONE</i> , 2014, 9, e109336.	2.5	10
64	Sleep orchestrates indices of local plasticity and global network stability in the human cortex. <i>Sleep</i> , 2019, 42, .	1.1	9
65	Help for insomnia from the app store? A standardized rating of mobile health applications claiming to target insomnia. <i>Journal of Sleep Research</i> , 2023, 32, .	3.2	8
66	Declarative virtual water maze learning and emotional fear conditioning in primary insomnia. <i>Journal of Sleep Research</i> , 2018, 27, e12693.	3.2	7
67	Guided Internet-Based Cognitive Behavioral Therapy for Insomnia: Health-Economic Evaluation From the Societal and Public Health Care Perspective Alongside a Randomized Controlled Trial. <i>Journal of Medical Internet Research</i> , 2021, 23, e25609.	4.3	7
68	Coâ€“ordination of brain and heart oscillations during nonâ€“rapid eye movement sleep. <i>Journal of Sleep Research</i> , 2022, 31, e13466.	3.2	7
69	Effectiveness of an internetâ€“based intervention to improve sleep difficulties in a culturally diverse sample of international students: A randomised controlled pilot study. <i>Journal of Sleep Research</i> , 2022, 31, e13493.	3.2	6
70	Daridorexant for insomnia disorder. <i>Lancet Neurology</i> , The, 2022, 21, 104-105.	10.2	4
71	Hippocampal and medial prefrontal cortical volume is associated with overnight declarative memory consolidation independent of specific sleep oscillations. <i>Journal of Sleep Research</i> , 2020, 29, e13062.	3.2	2
72	Editorial: Neuroimaging Findings in Sleep Disorders and Circadian Disruption. <i>Frontiers in Neurology</i> , 2019, 10, 249.	2.4	1