

# Mounir Chennaoui

## List of Publications by Year in descending order

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Version: 2024-02-01

94  
papers

3,906  
citations

136950

32  
h-index

138484

58  
g-index

100  
all docs

100  
docs citations

100  
times ranked

5181  
citing authors

#	ARTICLE	IF	CITATIONS
1	Sleep and exercise: A reciprocal issue?. <i>Sleep Medicine Reviews</i> , 2015, 20, 59-72.	8.5	460
2	Effect of acute sleep deprivation on vascular function in healthy subjects. <i>Journal of Applied Physiology</i> , 2010, 108, 68-75.	2.5	203
3	Sleep debt and obesity. <i>Annals of Medicine</i> , 2014, 46, 264-272.	3.8	185
4	The Dreem Headband compared to polysomnography for electroencephalographic signal acquisition and sleep staging. <i>Sleep</i> , 2020, 43, .	1.1	166
5	Slow-wave sleep: From the cell to the clinic. <i>Sleep Medicine Reviews</i> , 2018, 41, 113-132.	8.5	139
6	Effect of one night of sleep loss on changes in tumor necrosis factor alpha (TNF- $\alpha$ ) levels in healthy men. <i>Cytokine</i> , 2011, 56, 318-324.	3.2	133
7	Insomnia and accidents: cross-sectional study (<sc>EQUINOX</sc>) on sleep-related home, work and car accidents in 5293 subjects with insomnia from 10 countries. <i>Journal of Sleep Research</i> , 2014, 23, 143-152.	3.2	130
8	Site-dependent effects of an acute intensive exercise on extracellular 5-HT and 5-HIAA levels in rat brain. <i>Neuroscience Letters</i> , 2001, 301, 143-146.	2.1	126
9	Changes in circulating microRNAs levels with exercise modality. <i>Journal of Applied Physiology</i> , 2013, 115, 1237-1244.	2.5	115
10	Effects of Ramadan fasting on physical performance and metabolic, hormonal, and inflammatory parameters in middle-distance runners. <i>Applied Physiology, Nutrition and Metabolism</i> , 2009, 34, 587-594.	1.9	106
11	Benefits of Sleep Extension on Sustained Attention and Sleep Pressure Before and During Total Sleep Deprivation and Recovery. <i>Sleep</i> , 2015, 38, 1935-1943.	1.1	106
12	Effects of Combined Stress during Intense Training on Cellular Immunity, Hormones and Respiratory Infections. <i>NeuroImmunoModulation</i> , 2005, 12, 164-172.	1.8	92
13	Intense training: mucosal immunity and incidence of respiratory infections. <i>European Journal of Applied Physiology</i> , 2005, 93, 421-428.	2.5	87
14	Decrease in serum leptin after prolonged physical activity in men. <i>Medicine and Science in Sports and Exercise</i> , 2002, 34, 1594-1599.	0.4	82
15	Immune and Hormonal Changes following Intense Military Training. <i>Military Medicine</i> , 2003, 168, 1034-1038.	0.8	78
16	Effect of a Probiotics Supplementation on Respiratory Infections and Immune and Hormonal Parameters during Intense Military Training. <i>Military Medicine</i> , 2007, 172, 1006-1011.	0.8	74
17	In-Flight Automatic Detection of Vigilance States Using a Single EEG Channel. <i>IEEE Transactions on Biomedical Engineering</i> , 2014, 61, 2840-2847.	4.2	73
18	Performance of an Ambulatory Dry-EEG Device for Auditory Closed-Loop Stimulation of Sleep Slow Oscillations in the Home Environment. <i>Frontiers in Human Neuroscience</i> , 2018, 12, 88.	2.0	71

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19	Vascular response to 1week of sleep restriction in healthy subjects. A metabolic response?. International Journal of Cardiology, 2015, 190, 246-255.	1.7	57
20	Stress Biomarkers, Mood States, and Sleep during a Major Competition: "Success" and "Failure" Athlete's Profile of High-Level Swimmers. Frontiers in Physiology, 2016, 7, 94.	2.8	56
21	Effects of chronic exercise on cytokine production in white adipose tissue and skeletal muscle of rats. Cytokine, 2007, 40, 23-29.	3.2	55
22	Napping Reverses Increased Pain Sensitivity Due to Sleep Restriction. PLoS ONE, 2015, 10, e0117425.	2.5	53
23	Effects of moderate and intensive training on the hypothalamo-pituitary-adrenal axis in rats. Acta Physiologica Scandinavica, 2002, 175, 113-121.	2.2	52
24	Sleep and the GH/IGF-1 axis: Consequences and countermeasures of sleep loss/disorders. Sleep Medicine Reviews, 2020, 49, 101223.	8.5	48
25	Association between insomnia symptoms, job strain and burnout syndrome: a cross-sectional survey of 1300 financial workers. BMJ Open, 2017, 7, e012816.	1.9	46
26	Revisiting the value of polysomnographic data in insomnia: more than meets the eye. Sleep Medicine, 2020, 66, 184-200.	1.6	44
27	Sleep and biological parameters in professional burnout: A psychophysiological characterization. PLoS ONE, 2018, 13, e0190607.	2.5	43
28	Effects of physical training on IL-1beta, IL-6 and IL-1ra concentrations in various brain areas of the rat. European Cytokine Network, 2008, 19, 8-14.	2.0	43
29	Sound level intensity severely disrupts sleep in ventilated ICU patients throughout a 24-h period: a preliminary 24-h study of sleep stages and associated sound levels. Annals of Intensive Care, 2017, 7, 25.	4.6	42
30	Individual behavioral and neurochemical markers of unadapted decision-making processes in healthy inbred mice. Brain Structure and Function, 2016, 221, 4615-4629.	2.3	41
31	Total Sleep Deprivation Alters Endothelial Function in Rats: A Nonsympathetic Mechanism. Sleep, 2014, 37, 465-473.	1.1	39
32	Sleep Extension before Sleep Loss. Medicine and Science in Sports and Exercise, 2016, 48, 1595-1603.	0.4	39
33	Differential Kinetics in Alteration and Recovery of Cognitive Processes from a Chronic Sleep Restriction in Young Healthy Men. Frontiers in Behavioral Neuroscience, 2016, 10, 95.	2.0	34
34	Effects of physical training on functional activity of 5-HT 1B receptors in rat central nervous system: role of 5-HT-moduline. Naunyn-Schmiedeberg's Archives of Pharmacology, 2000, 361, 600-604.	3.0	33
35	Leptin response to acute prolonged exercise after training in rowers. European Journal of Applied Physiology, 2004, 91, 677-81.	2.5	30
36	The Impact of Genetic Variations in ADORA2A in the Association between Caffeine Consumption and Sleep. Genes, 2019, 10, 1021.	2.4	30

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37	Sleep extension increases IGF-I concentrations before and during sleep deprivation in healthy young men. <i>Applied Physiology, Nutrition and Metabolism</i> , 2016, 41, 963-970.	1.9	29
38	Comparison of systemic cytokine responses after a long distance triathlon and a 100-km run: relationship to metabolic and inflammatory processes. <i>European Cytokine Network</i> , 2006, 17, 117-24.	2.0	29
39	The homeostatic and circadian sleep recovery responses after total sleep deprivation in mice. <i>Journal of Sleep Research</i> , 2017, 26, 531-538.	3.2	27
40	How does sleep help recovery from exercise-induced muscle injuries?. <i>Journal of Science and Medicine in Sport</i> , 2021, 24, 982-987.	1.3	27
41	Immune and hormonal changes following intense military training. <i>Military Medicine</i> , 2003, 168, 1034-8.	0.8	26
42	Influence of Energy Deficiency on the Insulin-like Growth Factor I Axis in a Military Training Program. <i>Hormone and Metabolic Research</i> , 2004, 36, 506-511.	1.5	23
43	Effect of acute sleep deprivation and recovery on Insulin-like Growth Factor-I responses and inflammatory gene expression in healthy men. <i>European Cytokine Network</i> , 2014, 25, 52-57.	2.0	23
44	Whole body immersion and hydromineral homeostasis: effect of water temperature. <i>European Journal of Applied Physiology</i> , 2010, 108, 49-58.	2.5	22
45	Beneficial effects of exercise training on cognitive performances during total sleep deprivation in healthy subjects. <i>Sleep Medicine</i> , 2020, 65, 26-35.	1.6	22
46	Salivary Hormones Response to Preparation and Pre-competitive Training of World-class Level Athletes. <i>Frontiers in Physiology</i> , 2015, 6, 333.	2.8	21
47	Acetylcholine chloride as a potential source of variability in the study of cutaneous vascular function in man. <i>Microvascular Research</i> , 2011, 82, 190-197.	2.5	19
48	Sleeping under the Ocean: Despite Total Isolation, Nuclear Submariners Maintain Their Sleep and Wake Patterns throughout Their Under Sea Mission. <i>PLoS ONE</i> , 2015, 10, e0126721.	2.5	19
49	Protective effects of exercise training on endothelial dysfunction induced by total sleep deprivation in healthy subjects. <i>International Journal of Cardiology</i> , 2017, 232, 76-85.	1.7	19
50	Efficacy of THN102 (a combination of modafinil and flecainide) on vigilance and cognition during 40-hour total sleep deprivation in healthy subjects: Glial connexins as a therapeutic target. <i>British Journal of Clinical Pharmacology</i> , 2019, 85, 2623-2633.	2.4	19
51	Endurance training effects on 5-HT1B receptors mRNA expression in cerebellum, striatum, frontal cortex and hippocampus of rats. <i>Neuroscience Letters</i> , 2001, 307, 33-36.	2.1	18
52	Leptin, catecholamines and free fatty acids related to reduced recovery delays after training. <i>European Journal of Applied Physiology</i> , 2004, 93, 153-158.	2.5	18
53	Daytime microsleeps during 7-days of sleep restriction followed by 13-days of sleep recovery in healthy young adults. <i>Consciousness and Cognition</i> , 2018, 61, 1-12.	1.5	17
54	The association between physical and mental chronic conditions and napping. <i>Scientific Reports</i> , 2019, 9, 1795.	3.3	17

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55	Hormonal and Metabolic Adaptation in Professional Cyclists During Training. <i>Applied Physiology, Nutrition, and Metabolism</i> , 2004, 29, 714-730.	1.7	16
56	Energy Expenditure During an Ultraendurance Alpine Climbing Race. <i>Wilderness and Environmental Medicine</i> , 2009, 20, 225-233.	0.9	15
57	Leukocyte Expression of Type 1 and Type 2 Purinergic Receptors and Pro-Inflammatory Cytokines during Total Sleep Deprivation and/or Sleep Extension in Healthy Subjects. <i>Frontiers in Neuroscience</i> , 2017, 11, 240.	2.8	15
58	Shift work, night work and sleep disorders among pastry cooks and shopkeepers in France: a cross-sectional survey. <i>BMJ Open</i> , 2018, 8, e019098.	1.9	14
59	Preconditioning Strategy in Rugby-7s Players: Beneficial or Detrimental?. <i>International Journal of Sports Physiology and Performance</i> , 2019, 14, 918-926.	2.3	14
60	Sleep and PTSD in the Military Forces: A Reciprocal Relationship and a Psychiatric Approach. <i>Brain Sciences</i> , 2021, 11, 1310.	2.3	14
61	Mouse Gambling Task reveals differential effects of acute sleep debt on decision-making and associated neurochemical changes. <i>Sleep</i> , 2018, 41, .	1.1	13
62	Genetic Determinants of Neurobehavioral Responses to Caffeine Administration during Sleep Deprivation: A Randomized, Cross Over Study (NCT03859882). <i>Genes</i> , 2021, 12, 555.	2.4	13
63	Limited Benefit of Sleep Extension on Cognitive Deficits During Total Sleep Deprivation: Illustration With Two Executive Processes. <i>Frontiers in Neuroscience</i> , 2019, 13, 591.	2.8	12
64	Effects of an intense training on functional activity of 5-HT1B receptors in human peripheral blood lymphocytes. <i>Neuroscience Letters</i> , 2005, 382, 1-4.	2.1	11
65	Changes of Cerebral and/or Peripheral Adenosine A1 Receptor and IGF-I Concentrations under Extended Sleep Duration in Rats. <i>International Journal of Molecular Sciences</i> , 2017, 18, 2439.	4.1	10
66	Using relaxation techniques to improve sleep during naps. <i>Industrial Health</i> , 2018, 56, 220-227.	1.0	10
67	Effect of an Innovative Mattress and Cryotherapy on Sleep after an Elite Rugby Match. <i>Medicine and Science in Sports and Exercise</i> , 2020, 52, 2655-2662.	0.4	10
68	Motorcycling performance and sleepiness during an extended ride on a dynamic simulator: relationship with stress biomarkers. <i>Physiological Measurement</i> , 2020, 41, 104004.	2.1	10
69	Sleep, substance misuse and addictions: a nationwide observational survey on smoking, alcohol, cannabis and sleep in 12,637 adults. <i>Journal of Sleep Research</i> , 2022, 31, e13553.	3.2	10
70	Genotyping on blood and buccal cells using loop-mediated isothermal amplification in healthy humans. <i>Biotechnology Reports (Amsterdam, Netherlands)</i> , 2020, 26, e00468.	4.4	8
71	Daytime Exposure to Blue-Enriched Light Counters the Effects of Sleep Restriction on Cortisol, Testosterone, Alpha-Amylase and Executive Processes. <i>Frontiers in Neuroscience</i> , 2019, 13, 1366.	2.8	7
72	Determination of the sleep-wake pattern and feasibility of NREM/REM discrimination using the non-invasive piezoelectric system in rats. <i>Journal of Sleep Research</i> , 2021, 30, e13373.	3.2	7

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73	Influence of Protein- Versus Carbohydrate-enriched Feedings on Physiological Responses During an Ultraendurance Climbing Race. <i>Hormone and Metabolic Research</i> , 2010, 42, 31-37.	1.5	6
74	Effects of Caffeine Intake on Cognitive Performance Related to Total Sleep Deprivation and Time on Task: A Randomized Cross-Over Double-Blind Study. <i>Nature and Science of Sleep</i> , 2022, Volume 14, 457-473.	2.7	6
75	Influence des paramètres anthropométriques sur la performance en aviron au niveau national. <i>Science and Sports</i> , 2004, 19, 327-329.	0.5	5
76	Auditory closed-loop stimulation to enhance sleep quality. <i>Journal of Science and Medicine in Sport</i> , 2017, 20, S95.	1.3	5
77	Hyperactivity of the Sympatho-Adrenomedullary System Without Any Modification of the Hypothalamic-Pituitary-Adrenal Axis After Food Restriction Among High-Level Weightlifters. <i>Journal of Strength and Conditioning Research</i> , 2018, 32, 1643-1655.	2.1	5
78	Lengthening of the photoperiod influences sleep characteristics before and during total sleep deprivation in rat. <i>Journal of Sleep Research</i> , 2019, 28, e12709.	3.2	5
79	Optimising sounds for the driving of sleep oscillations by closed-loop auditory stimulation. <i>Journal of Sleep Research</i> , 2022, 31, .	3.2	4
80	Food restriction alters salivary cortisol and $\alpha$ -amylase responses to a simulated weightlifting competition without significant performance modification. <i>Journal of Sports Sciences</i> , 2018, 36, 536-544.	2.0	3
81	Strategies to Limit Cognitive Impairments under Sleep Restriction: Relationship to Stress Biomarkers. <i>Brain Sciences</i> , 2022, 12, 229.	2.3	3
82	Translation, Cross-Cultural Adaptation and Preliminary Validation of a French Version of the Trauma-Related Nightmare Survey (TRNS-FR) in a PTSD Veteran Population. <i>Military Medicine</i> , 2022, , .	0.8	3
83	Application of the polymerase chain reaction to the RNase protection assay for 5-HT1B receptor mRNA levels measurement in rat brain tissues. <i>Brain Research Protocols</i> , 1999, 4, 322-328.	1.6	2
84	Cytokine content in lymphoid and white adipose tissues after repeated CpG oligodeoxynucleotide administration in trained rats. <i>Vaccine</i> , 2010, 28, 1814-1818.	3.8	2
85	Development of a specific index to detect malnutrition in athletes: Validity in weight class or intermittent fasted athletes. <i>Biochimie Open</i> , 2017, 4, 1-7.	3.2	2
86	Benefits of Thalassotherapy with Sleep Management on Mood States and Well-being, and Cognitive and Physical Capacities in Healthy Workers. , 2018, 07, .		2
87	Genetics and Cognitive Vulnerability to Sleep Deprivation in Healthy Subjects: Interaction of ADORA2A, TNF- $\alpha$ and COMT Polymorphisms. <i>Life</i> , 2021, 11, 1110.	2.4	2
88	Sleep and COVID-19. A Case Report of a Mild COVID-19 Patient Monitored by Consumer-Targeted Sleep Wearables. <i>Sensors</i> , 2021, 21, 7944.	3.8	2
89	The effects of long-term adrenalectomy on 5-HT1B receptors mRNA expression in cerebellum, striatum, frontal cortex and hippocampus of rats. <i>Neuroscience Letters</i> , 2003, 340, 131-134.	2.1	1
90	Larger strength losses and muscle activation deficits in plantar flexors induced by backward downhill in reference to distance-matched forward uphill treadmill walk. <i>European Journal of Sport Science</i> , 2018, 18, 1346-1356.	2.7	1

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91	0419 Prevalence And Sociodemographics Associated With Total Sleep Time In France And Insomnia In 12370 Individuals. Barometre Sant� Publique France 2017.. Sleep, 2019, 42, A169-A170.	1.1	1
92	La fatigue�: m�canismes et cons�quences. Science and Sports, 2004, 19, 270-279.	0.5	0
93	Influence of a high carbohydrate diet on the functional activity of 5-HT1B/1D receptors on human peripheral blood lymphocytes during intense military training. European Cytokine Network, 2006, 17, 67-74.	2.0	0
94	Gestion et optimisation du sommeil. Revue Defense Nationale, 2022, N� Hors-s�rie, 79-88.	0.0	0