

Michael A Grandner, Mtr

List of Publications by Year in descending order

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Version: 2024-02-01

238
papers

14,327
citations

28274

55
h-index

23533

111
g-index

244
all docs

244
docs citations

244
times ranked

13673
citing authors

#	ARTICLE	IF	CITATIONS
1	Recommended Amount of Sleep for a Healthy Adult: A Joint Consensus Statement of the American Academy of Sleep Medicine and Sleep Research Society. <i>Sleep</i> , 2015, 38, 843-4.	1.1	782
2	Sleep Duration and Quality: Impact on Lifestyle Behaviors and Cardiometabolic Health: A Scientific Statement From the American Heart Association. <i>Circulation</i> , 2016, 134, e367-e386.	1.6	602
3	Mental health in elite athletes: International Olympic Committee consensus statement (2019). <i>British Journal of Sports Medicine</i> , 2019, 53, 667-699.	6.7	583
4	Joint Consensus Statement of the American Academy of Sleep Medicine and Sleep Research Society on the Recommended Amount of Sleep for a Healthy Adult: Methodology and Discussion. <i>Sleep</i> , 2015, 38, 1161-1183.	1.1	558
5	Mortality associated with short sleep duration: The evidence, the possible mechanisms, and the future. <i>Sleep Medicine Reviews</i> , 2010, 14, 191-203.	8.5	450
6	Who gets the best sleep? Ethnic and socioeconomic factors related to sleep complaints. <i>Sleep Medicine</i> , 2010, 11, 470-478.	1.6	423
7	Recommended Amount of Sleep for a Healthy Adult: A Joint Consensus Statement of the American Academy of Sleep Medicine and Sleep Research Society. <i>Journal of Clinical Sleep Medicine</i> , 2015, 11, 591-592.	2.6	413
8	Sleep, Health, and Society. <i>Sleep Medicine Clinics</i> , 2017, 12, 1-22.	2.6	396
9	Who are the long sleepers? Towards an understanding of the mortality relationship. <i>Sleep Medicine Reviews</i> , 2007, 11, 341-360.	8.5	343
10	Criterion validity of the Pittsburgh Sleep Quality Index: Investigation in a non-clinical sample. <i>Sleep and Biological Rhythms</i> , 2006, 4, 129-136.	1.0	339
11	Short and Long Sleep Duration Associated with Race/Ethnicity, Sociodemographics, and Socioeconomic Position. <i>Sleep</i> , 2014, 37, 601-611.	1.1	322
12	"Sleep disparity" in the population: poor sleep quality is strongly associated with poverty and ethnicity. <i>BMC Public Health</i> , 2010, 10, 475.	2.9	290
13	Joint Consensus Statement of the American Academy of Sleep Medicine and Sleep Research Society on the Recommended Amount of Sleep for a Healthy Adult: Methodology and Discussion. <i>Journal of Clinical Sleep Medicine</i> , 2015, 11, 931-952.	2.6	288
14	Sleep disparity, race/ethnicity, and socioeconomic position. <i>Sleep Medicine</i> , 2016, 18, 7-18.	1.6	273
15	Sleep Symptoms, Race/Ethnicity, and Socioeconomic Position. <i>Journal of Clinical Sleep Medicine</i> , 2013, 09, 897-905.	2.6	241
16	Sleep disturbance is associated with cardiovascular and metabolic disorders. <i>Journal of Sleep Research</i> , 2012, 21, 427-433.	3.2	238
17	Dietary nutrients associated with short and long sleep duration. Data from a nationally representative sample. <i>Appetite</i> , 2013, 64, 71-80.	3.7	232
18	Habitual sleep duration associated with self-reported and objectively determined cardiometabolic risk factors. <i>Sleep Medicine</i> , 2014, 15, 42-50.	1.6	232

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19	Problems associated with short sleep: Bridging the gap between laboratory and epidemiological studies. <i>Sleep Medicine Reviews</i> , 2010, 14, 239-247.	8.5	230
20	Sleep and the athlete: narrative review and 2021 expert consensus recommendations. <i>British Journal of Sports Medicine</i> , 2021, 55, 356-368.	6.7	208
21	Sleep symptoms associated with intake of specific dietary nutrients. <i>Journal of Sleep Research</i> , 2014, 23, 22-34.	3.2	199
22	Sleep duration versus sleep insufficiency as predictors of cardiometabolic health outcomes. <i>Sleep Medicine</i> , 2012, 13, 1261-1270.	1.6	190
23	Sleep duration, cardiovascular disease, and proinflammatory biomarkers. <i>Nature and Science of Sleep</i> , 2013, 5, 93.	2.7	187
24	The 24-Hour Activity Cycle: A New Paradigm for Physical Activity. <i>Medicine and Science in Sports and Exercise</i> , 2019, 51, 454-464.	0.4	182
25	Relationships among dietary nutrients and subjective sleep, objective sleep, and napping in women. <i>Sleep Medicine</i> , 2010, 11, 180-184.	1.6	178
26	Social and Behavioral Determinants of Perceived Insufficient Sleep. <i>Frontiers in Neurology</i> , 2015, 6, 112.	2.4	140
27	Age and Sleep Disturbances Among American Men And Women: Data From the U.S. Behavioral Risk Factor Surveillance System. <i>Sleep</i> , 2012, 35, 395-406.	1.1	138
28	Extreme Sleep Durations and Increased C-Reactive Protein: Effects of Sex and Ethnoracial Group. <i>Sleep</i> , 2013, 36, 769-779.	1.1	138
29	Wake up call for collegiate athlete sleep: narrative review and consensus recommendations from the NCAA Interassociation Task Force on Sleep and Wellness. <i>British Journal of Sports Medicine</i> , 2019, 53, 731-736.	6.7	136
30	Where are the Behavioral Sleep Medicine Providers and Where are They Needed? A Geographic Assessment. <i>Behavioral Sleep Medicine</i> , 2016, 14, 687-698.	2.1	128
31	Perceived Racial Discrimination as an Independent Predictor of Sleep Disturbance and Daytime Fatigue. <i>Behavioral Sleep Medicine</i> , 2012, 10, 235-249.	2.1	123
32	Sleep Duration and Diabetes Risk: Population Trends and Potential Mechanisms. <i>Current Diabetes Reports</i> , 2016, 16, 106.	4.2	121
33	Status of Cardiovascular Health in US Adults and Children Using the American Heart Association's New "Life's Essential 8" Metrics: Prevalence Estimates From the National Health and Nutrition Examination Survey (NHANES), 2013 Through 2018. <i>Circulation</i> , 2022, 146, 822-835.	1.6	117
34	Smoking, Screen-Based Sedentary Behavior, and Diet Associated with Habitual Sleep Duration and Chronotype: Data from the UK Biobank. <i>Annals of Behavioral Medicine</i> , 2016, 50, 715-726.	2.9	115
35	Sleep Duration and Hypertension: Analysis of > 700,000 Adults by Age and Sex. <i>Journal of Clinical Sleep Medicine</i> , 2018, 14, 1031-1039.	2.6	114
36	Self-reported Sleep Complaints With Long and Short Sleep: A Nationally Representative Sample. <i>Psychosomatic Medicine</i> , 2004, 66, 239-241.	2.0	113

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37	Suicide and sleep: Is it a bad thing to be awake when reason sleeps?. <i>Sleep Medicine Reviews</i> , 2016, 29, 101-107.	8.5	112
38	Relationship between sleep duration and body mass index depends on age. <i>Obesity</i> , 2015, 23, 2491-2498.	3.0	108
39	Suicidal ideation during the COVID-19 pandemic: The role of insomnia. <i>Psychiatry Research</i> , 2020, 290, 113134.	3.3	108
40	Racial/ethnic disparities in sleep health and health care: importance of the sociocultural context. <i>Sleep Health</i> , 2015, 1, 28-35.	2.5	102
41	Sleep. <i>Current Opinion in Cardiology</i> , 2016, 31, 551-565.	1.8	102
42	Digital media use in the 2h before bedtime is associated with sleep variables in university students. <i>Computers in Human Behavior</i> , 2016, 55, 43-50.	8.5	99
43	Sleep, Health, and Society. <i>Sleep Medicine Clinics</i> , 2020, 15, 319-340.	2.6	94
44	Validation of a physical activity accelerometer device worn on the hip and wrist against polysomnography. <i>Sleep Health</i> , 2018, 4, 209-216.	2.5	83
45	Changes in sleep duration, timing, and variability during the COVID-19 pandemic: Large-scale Fitbit data from 6 major US cities. <i>Sleep Health</i> , 2021, 7, 303-313.	2.5	78
46	Short and long sleep duration and risk of drowsy driving and the role of subjective sleep insufficiency. <i>Accident Analysis and Prevention</i> , 2013, 59, 618-622.	5.7	75
47	Timing Matters: Circadian Rhythm in Sepsis, Obstructive Lung Disease, Obstructive Sleep Apnea, and Cancer. <i>Annals of the American Thoracic Society</i> , 2016, 13, 1144-1154.	3.2	75
48	Challenges and Opportunities for the Prevention and Treatment of Cardiovascular Disease Among Young Adults: Report From a National Heart, Lung, and Blood Institute Working Group. <i>Journal of the American Heart Association</i> , 2020, 9, e016115.	3.7	75
49	A prospective study of weight gain associated with chronotype among college freshmen. <i>Chronobiology International</i> , 2013, 30, 682-690.	2.0	74
50	Melatonin pharmacokinetics following two different oral surgeâ€sustained release doses in older adults. <i>Journal of Pineal Research</i> , 2012, 52, 437-445.	7.4	72
51	Addressing sleep disturbances: An opportunity to prevent cardiometabolic disease?. <i>International Review of Psychiatry</i> , 2014, 26, 155-176.	2.8	71
52	Nocturnal Wakefulness as a Previously Unrecognized Risk Factor for Suicide. <i>Journal of Clinical Psychiatry</i> , 2016, 77, e726-e733.	2.2	71
53	Pathways from Food Insecurity to Health Outcomes among California University Students. <i>Nutrients</i> , 2019, 11, 1419.	4.1	67
54	Sleep and Athletic Performance. <i>Sleep Medicine Clinics</i> , 2020, 15, 41-57.	2.6	67

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55	Trouble Sleeping Associated With Lower Work Performance and Greater Health Care Costs. <i>Journal of Occupational and Environmental Medicine</i> , 2015, 57, 1031-1038.	1.7	61
56	Social and behavioral predictors of insufficient sleep among African Americans and Caucasians. <i>Sleep Medicine</i> , 2016, 18, 103-107.	1.6	59
57	The translational neuroscience of sleep: A contextual framework. <i>Science</i> , 2021, 374, 568-573.	12.6	59
58	The Natural History of Insomnia: the incidence of acute insomnia and subsequent progression to chronic insomnia or recovery in good sleeper subjects. <i>Sleep</i> , 2020, 43, .	1.1	55
59	The relationship between micronutrient status and sleep patterns: a systematic review. <i>Public Health Nutrition</i> , 2017, 20, 687-701.	2.2	54
60	Caffeine consumption, insomnia, and sleep duration: Results from a nationally representative sample. <i>Nutrition</i> , 2016, 32, 1193-1199.	2.4	52
61	Sleep-Related Behaviors and Beliefs Associated With Race/Ethnicity in Women. <i>Journal of the National Medical Association</i> , 2013, 105, 4-16.	0.8	51
62	Suicidal ideation in Veterans misusing alcohol: Relationships with insomnia symptoms and sleep duration. <i>Addictive Behaviors</i> , 2014, 39, 399-405.	3.0	50
63	From sleep duration to mortality: implications of meta-analysis and future directions. <i>Journal of Sleep Research</i> , 2009, 18, 145-147.	3.2	49
64	Interactive effects of sleep duration and morning/evening preference on cardiovascular risk factors. <i>European Journal of Public Health</i> , 2018, 28, 155-161.	0.3	48
65	Bright light treatment of depression for older adults [ISRCTN55452501]. <i>BMC Psychiatry</i> , 2005, 5, 41.	2.6	47
66	Sleep as a Target for Optimized Response to Smoking Cessation Treatment. <i>Nicotine and Tobacco Research</i> , 2019, 21, 139-148.	2.6	46
67	The Role of Sleep in the Control of Food Intake. <i>American Journal of Lifestyle Medicine</i> , 2014, 8, 371-374.	1.9	44
68	Employment insecurity and sleep disturbance: Evidence from 31 European countries. <i>Journal of Sleep Research</i> , 2019, 28, e12763.	3.2	44
69	The natural history of insomnia: predisposing, precipitating, coping, and perpetuating factors over the early developmental course of insomnia. <i>Sleep</i> , 2021, 44, .	1.1	44
70	Geographic distribution of insufficient sleep across the United States: a county-level hotspot analysis. <i>Sleep Health</i> , 2015, 1, 158-165.	2.5	43
71	Insomnia in Primary Care: Misreported, Mishandled, and Just Plain Missed. <i>Journal of Clinical Sleep Medicine</i> , 2017, 13, 937-939.	2.6	43
72	A decade's difference: 10-year change in insomnia symptom prevalence in Canada depends on sociodemographics and health status. <i>Sleep Health</i> , 2018, 4, 160-165.	2.5	42

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73	Unequal burden of sleep-related obesity among black and white Americans. <i>Sleep Health</i> , 2015, 1, 169-176.	2.5	41
74	Past, Present, and Future of Multisensory Wearable Technology to Monitor Sleep and Circadian Rhythms. <i>Frontiers in Digital Health</i> , 2021, 3, 721919.	2.8	41
75	Insomnia in alcohol dependent subjects is associated with greater psychosocial problem severity. <i>Addictive Behaviors</i> , 2015, 50, 165-172.	3.0	40
76	Obesity, diabetes, and exercise associated with sleep-related complaints in the American population. <i>Zeitschrift Fur Gesundheitswissenschaften</i> , 2011, 19, 463-474.	1.6	38
77	Light exposure is related to social and emotional functioning and to quality of life in older women. <i>Psychiatry Research</i> , 2006, 143, 35-42.	3.3	37
78	State and Regional Prevalence of Sleep Disturbance and Daytime Fatigue. <i>Journal of Clinical Sleep Medicine</i> , 2012, 08, 77-86.	2.6	36
79	Durability of treatment response to zolpidem with three different maintenance regimens: a preliminary study. <i>Sleep Medicine</i> , 2015, 16, 1160-1168.	1.6	36
80	Insomnia and daytime sleepiness: risk factors for sports-related concussion. <i>Sleep Medicine</i> , 2019, 58, 66-74.	1.6	36
81	The Association Between Obstructive Sleep Apnea and Hypertension by Race/Ethnicity in a Nationally Representative Sample. <i>Journal of Clinical Hypertension</i> , 2013, 15, 593-599.	2.0	35
82	Circulating adhesion molecules in obstructive sleep apnea and cardiovascular disease. <i>Sleep Medicine Reviews</i> , 2014, 18, 25-34.	8.5	34
83	Sleep as a vital sign: why medical practitioners need to routinely ask their patients about sleep. <i>Sleep Health</i> , 2015, 1, 11-12.	2.5	34
84	The Development of a Questionnaire to Assess Sleep-Related Practices, Beliefs, and Attitudes. <i>Behavioral Sleep Medicine</i> , 2014, 12, 123-142.	2.1	33
85	Implications of sleep and energy drink use for health disparities. <i>Nutrition Reviews</i> , 2014, 72, 14-22.	5.8	32
86	Adhesion molecule increases in sleep apnea: beneficial effect of positive airway pressure and moderation by obesity. <i>International Journal of Obesity</i> , 2015, 39, 472-479.	3.4	32
87	Sleep myths: an expert-led study to identify false beliefs about sleep that impinge upon population sleep health practices. <i>Sleep Health</i> , 2019, 5, 409-417.	2.5	31
88	Rigorous performance evaluation (previously, "validation") for informed use of new technologies for sleep health measurement. <i>Sleep Health</i> , 2022, 8, 263-269.	2.5	31
89	Sleep Disorders, Public Health, and Public Safety. <i>JAMA - Journal of the American Medical Association</i> , 2011, 306, 2616.	7.4	30
90	Sleep duration across the lifespan: Implications for health. <i>Sleep Medicine Reviews</i> , 2012, 16, 199-201.	8.5	30

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91	Onset insomnia and insufficient sleep duration are associated with suicide ideation in university students and athletes. <i>Journal of Affective Disorders</i> , 2020, 274, 1161-1164.	4.1	30
92	Smoke at night and sleep worse? The associations between cigarette smoking with insomnia severity and sleep duration. <i>Sleep Health</i> , 2021, 7, 177-182.	2.5	30
93	Differential increase in prevalence estimates of inadequate sleep among black and white Americans. <i>BMC Public Health</i> , 2015, 15, 1185.	2.9	29
94	Sleep and Health Among Collegiate Student Athletes. <i>Chest</i> , 2019, 156, 1234-1245.	0.8	29
95	Social-ecological model of sleep health. , 2019, , 45-53.		29
96	We know CBT-I works, now what?. <i>Faculty Reviews</i> , 2022, 11, 4.	3.9	28
97	Sleep Disturbance Partially Mediates the Relationship Between Intimate Partner Violence and Physical/Mental Health in Women and Men. <i>Journal of Interpersonal Violence</i> , 2017, 32, 2471-2495.	2.0	27
98	Sleep duration and risk of incident stroke by age, sex, and race. <i>Neurology</i> , 2018, 91, e1702-e1709.	1.1	27
99	The Society of Behavioral Sleep Medicine (SBSM) COVID-19 Task Force: Objectives and Summary Recommendations for Managing Sleep during a Pandemic. <i>Behavioral Sleep Medicine</i> , 2020, 18, 570-572.	2.1	26
100	Relationship of Nocturnal Wakefulness to Suicide Risk Across Months and Methods of Suicide. <i>Journal of Clinical Psychiatry</i> , 2020, 81, .	2.2	26
101	Transitioning from adequate to inadequate sleep duration associated with higher smoking rate and greater nicotine dependence in a population sample. <i>Addictive Behaviors</i> , 2018, 77, 47-50.	3.0	25
102	Sleep debt at the community level: impact of age, sex, race/ethnicity and health. <i>Sleep Health</i> , 2018, 4, 317-324.	2.5	24
103	Bright green light treatment of depression for older adults [ISRCTN69400161]. <i>BMC Psychiatry</i> , 2005, 5, 42.	2.6	23
104	Importance of recognizing sleep health disparities and implementing innovative interventions to reduce these disparities. <i>Sleep Medicine</i> , 2016, 18, 1-2.	1.6	23
105	The common denominators of sleep, obesity, and psychopathology. <i>Current Opinion in Psychology</i> , 2020, 34, 84-88.	4.9	23
106	Sleep-tracking technology in scientific research: looking to the future. <i>Sleep</i> , 2021, 44, .	1.1	23
107	Nocturnal leg cramps: Prevalence and associations with demographics, sleep disturbance symptoms, medical conditions, and cardiometabolic risk factors. <i>PLoS ONE</i> , 2017, 12, e0178465.	2.5	22
108	Sleep, Health, and Society. <i>Sleep Medicine Clinics</i> , 2022, 17, 117-139.	2.6	22

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109	Insomnia in Alcohol Dependence: Predictors of Symptoms in a Sample of Veterans Referred from Primary Care. <i>American Journal on Addictions</i> , 2013, 22, 266-270.	1.4	21
110	Over-the-counter and Prescription Sleep Medication and Incident Stroke: The REasons for Geographic And Racial Differences in Stroke Study. <i>Journal of Stroke and Cerebrovascular Diseases</i> , 2014, 23, 2110-2116.	1.6	21
111	Epidemiology of insufficient sleep and poor sleep quality. , 2019, , 11-20.		21
112	Examining social capital in relation to sleep duration, insomnia, and daytime sleepiness. <i>Sleep Medicine</i> , 2019, 60, 165-172.	1.6	21
113	Meteorologic factors and subjective sleep continuity: a preliminary evaluation. <i>International Journal of Biometeorology</i> , 2005, 49, 152-155.	3.0	20
114	Person-Centered Dementia Care and Sleep in Assisted Living Residents With Dementia: A Pilot Study. <i>Behavioral Sleep Medicine</i> , 2017, 15, 97-113.	2.1	20
115	Sleep duration and 24-hour ambulatory blood pressure in adults not on antihypertensive medications. <i>Journal of Clinical Hypertension</i> , 2018, 20, 1712-1720.	2.0	20
116	Disassembling insomnia symptoms and their associations with depressive symptoms in a community sample: the differential role of sleep symptoms, daytime symptoms, and perception symptoms of insomnia. <i>Sleep Health</i> , 2019, 5, 376-381.	2.5	20
117	Racial differences in sleep duration intersect with sex, socioeconomic status, and U.S. geographic region: The REGARDS study. <i>Sleep Health</i> , 2020, 6, 442-450.	2.5	20
118	Short sleep duration and insomnia associated with hypertension incidence. <i>Hypertension Research</i> , 2013, 36, 932-933.	2.7	19
119	Connecting insomnia, sleep apnoea and depression. <i>Respirology</i> , 2017, 22, 1249-1250.	2.3	19
120	Actigraphic sleep tracking and wearables: Historical context, scientific applications and guidelines, limitations, and considerations for commercial sleep devices. , 2019, , 147-157.		19
121	Suicidal ideation is associated with nighttime wakefulness in a community sample. <i>Sleep</i> , 2021, 44, .	1.1	19
122	Cancer survivors in the workplace: sleep disturbance mediates the impact of cancer on healthcare expenditures and work absenteeism. <i>Supportive Care in Cancer</i> , 2018, 26, 4049-4055.	2.2	18
123	Sleep problems are associated with academic performance in a national sample of collegiate athletes. <i>Journal of American College Health</i> , 2021, 69, 74-81.	1.5	18
124	Sleep Duration and Insomnia Symptoms as Risk Factors for Suicidal Ideation in a Nationally Representative Sample. <i>primary care companion for CNS disorders</i> , The, 2015, 17, .	0.6	18
125	Associations between poor sleep quality and stages of change of multiple health behaviors among participants of employee wellness program. <i>Preventive Medicine Reports</i> , 2015, 2, 292-299.	1.8	17
126	Dietary behaviors and poor sleep quality among young adult women: watch that sugary caffeine!. <i>Sleep Health</i> , 2020, 6, 214-219.	2.5	17

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127	Nightmare content during the COVID-19 pandemic: Influence of COVID-related stress and sleep disruption in the United States. <i>Journal of Sleep Research</i> , 2021, , e13439.	3.2	17
128	Self-reported memory problems in adult-onset cancer survivors: effects of cardiovascular disease and insomnia. <i>Sleep Medicine</i> , 2015, 16, 845-849.	1.6	16
129	Sleep and obesity risk in adults: possible mechanisms; contextual factors; and implications for research, intervention, and policy. <i>Sleep Health</i> , 2017, 3, 393-400.	2.5	16
130	Insomnia as a Cardiometabolic Risk Factor. <i>Sleep</i> , 2013, 36, 11-12.	1.1	15
131	Quantifying impact of real-world barriers to sleep: The Brief Index of Sleep Control (BRISC). <i>Sleep Health</i> , 2020, 6, 587-593.	2.5	15
132	Performance of a multisensor smart ring to evaluate sleep: in-lab and home-based evaluation of generalized and personalized algorithms. <i>Sleep</i> , 2023, 46, .	1.1	15
133	Daytime Sleepiness: Associations with Alcohol Use and Sleep Duration in Americans. <i>Sleep Disorders</i> , 2014, 2014, 1-7.	1.4	14
134	Racial/ethnic minorities have greater declines in sleep duration with higher risk of cardiometabolic disease: An analysis of the U.S. National Health Interview Survey. <i>Sleep Epidemiology</i> , 2022, 2, 100022.	1.6	14
135	Sleep and Athletic Performance. <i>Sleep Medicine Clinics</i> , 2022, 17, 263-282.	2.6	14
136	The Cost of Sleep Lost: Implications for Health, Performance, and the Bottom Line. <i>American Journal of Health Promotion</i> , 2018, 32, 1629-1634.	1.7	13
137	Obstructive sleep apnea in pregnancy: performance of a rapid screening tool. <i>Sleep and Breathing</i> , 2019, 23, 425-432.	1.7	13
138	The Mind After Midnight: Nocturnal Wakefulness, Behavioral Dysregulation, and Psychopathology. <i>Frontiers in Network Physiology</i> , 2022, 1, .	1.8	13
139	Difficulties sleeping: a natural part of growing older?. <i>Aging Health</i> , 2012, 8, 219-221.	0.3	12
140	Acculturation Associated with Sleep Duration, Sleep Quality, and Sleep Disorders at the US-Mexico Border. <i>International Journal of Environmental Research and Public Health</i> , 2020, 17, 7138.	2.6	12
141	Rest-activity rhythms in emerging adults: implications for cardiometabolic health. <i>Chronobiology International</i> , 2021, 38, 543-556.	2.0	12
142	Chronotype and social support among student athletes: impact on depressive symptoms. <i>Chronobiology International</i> , 2021, 38, 1319-1329.	2.0	12
143	A Randomized, Double-Blind, Placebo-Controlled Trial of a Polyphenol Botanical Blend on Sleep and Daytime Functioning. <i>International Journal of Environmental Research and Public Health</i> , 2021, 18, 3044.	2.6	11
144	Prescription medications for insomnia are associated with suicidal thoughts and behaviors in two nationally representative samples. <i>Journal of Clinical Sleep Medicine</i> , 2021, 17, 1025-1030.	2.6	11

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145	The effects of caffeinated products on sleep and functioning in the military population: A focused review. <i>Pharmacology Biochemistry and Behavior</i> , 2021, 206, 173206.	2.9	11
146	Menstrual regularity and bleeding is associated with sleep duration, sleep quality and fatigue in a community sample. <i>Journal of Sleep Research</i> , 2022, 31, e13434.	3.2	11
147	Nocturnal and Morning Wakefulness Are Differentially Associated With Suicidal Ideation in a Nationally Representative Sample. <i>Journal of Clinical Psychiatry</i> , 2021, 82, .	2.2	11
148	Does total sleep time substantially increase after cognitive behavioral therapy for insomnia?. <i>Journal of Clinical Sleep Medicine</i> , 2022, 18, 1823-1829.	2.6	11
149	Treating Insomnia Disorder in the Context of Medical and Psychiatric Comorbidities. <i>JAMA Internal Medicine</i> , 2015, 175, 1472.	5.1	10
150	Impacts of travel distance and travel direction on back-to-back games in the National Basketball Association. <i>Journal of Clinical Sleep Medicine</i> , 2021, 17, 2269-2274.	2.6	10
151	Mental Health in Student Athletes: Associations With Sleep Duration, Sleep Quality, Insomnia, Fatigue, and Sleep Apnea Symptoms. <i>Athletic Training & Sports Health Care</i> , 2021, 13, .	0.4	10
152	Narcolepsy and COVID-19: sleeping on an opportunity?. <i>Journal of Clinical Sleep Medicine</i> , 2020, 16, 1415-1415.	2.6	9
153	Delayed Sleep Time in African Americans and Depression in a Community-Based Population. <i>Journal of Clinical Sleep Medicine</i> , 2019, 15, 857-864.	2.6	9
154	Short wavelength light administered just prior to waking: a pilot study. <i>Biological Rhythm Research</i> , 2013, 44, 13-32.	0.9	8
155	Doctor-patient sleep discussions for US adults: results from the SHADES study. <i>Sleep Health</i> , 2019, 5, 658-665.	2.5	8
156	Acculturation and sleep: implications for sleep and health disparities. <i>Sleep</i> , 2019, 42, .	1.1	8
157	Surviving the long night: The potential of sleep health for suicide prevention. <i>Sleep Medicine Reviews</i> , 2019, 44, 83-84.	8.5	8
158	Pharmacotherapy for Insomnia Disorder in Older Adults. <i>JAMA Network Open</i> , 2019, 2, e1918214.	5.9	8
159	Engaging Stakeholders to Optimize Sleep Disordersâ€™ Management in the U.S. Military: A Qualitative Analysis. <i>Military Medicine</i> , 2022, 187, e941-e947.	0.8	8
160	Treating insomnia in patients with comorbid psychiatric disorders: A focused review.. <i>Canadian Psychology</i> , 2018, 59, 176-186.	2.1	8
161	Sleep quality and duration are associated with greater trait emotional intelligence. <i>Sleep Health</i> , 2022, 8, 230-233.	2.5	8
162	The Use of Technology at Night: Impact on Sleep and Health. <i>Journal of Clinical Sleep Medicine</i> , 2013, 09, 1301-1302.	2.6	7

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163	Publications Are Not the Finish Line: Focusing on Societal Rather Than Publication Impact. <i>Frontiers in Medicine</i> , 2018, 5, 314.	2.6	7
164	Infographic: Mental health in elite athletes. An IOC consensus statement. <i>British Journal of Sports Medicine</i> , 2020, 54, 49-50.	6.7	7
165	The natural history of insomnia: Does sleep extension differentiate between those that do and do not develop chronic insomnia?. <i>Journal of Sleep Research</i> , 2021, 30, e13342.	3.2	7
166	Meta-analysis of light and circadian timekeeping in rodents. <i>Neuroscience and Biobehavioral Reviews</i> , 2021, 123, 215-229.	6.1	7
167	0127 Nighttime Snacking: Prevalence And Associations With Poor Sleep, Health, Obesity, And Diabetes. <i>Sleep</i> , 2018, 41, A49-A50.	1.1	6
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