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List of Publications by Year in descending order

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77 papers

10,871 citations

38 h-index 72 g-index

79 all docs

79 docs citations

79 times ranked 12966 citing authors

#	Article	IF	CITATIONS
1	Meta-Analysis of Short Sleep Duration and Obesity in Children and Adults. Sleep, 2008, 31, 619-626.	1.1	1,687
2	Sleep duration predicts cardiovascular outcomes: a systematic review and meta-analysis of prospective studies. European Heart Journal, 2011, 32, 1484-1492.	2.2	1,592
3	Sleep Duration and All-Cause Mortality: A Systematic Review and Meta-Analysis of Prospective Studies. Sleep, 2010, 33, 585-592.	1.1	1,577
4	Quantity and Quality of Sleep and Incidence of Type 2 Diabetes. Diabetes Care, 2010, 33, 414-420.	8.6	1,359
5	A Prospective Study of Change in Sleep Duration: Associations with Mortality in the Whitehall II Cohort. Sleep, 2007, 30, 1659-1666.	1.1	440
6	Gender-Specific Associations of Short Sleep Duration With Prevalent and Incident Hypertension. Hypertension, 2007, 50, 693-700.	2.7	430
7	Correlates of Short and Long Sleep Duration: A Cross-Cultural Comparison Between the United Kingdom and the United States: The Whitehall II Study and the Western New York Health Study. American Journal of Epidemiology, 2008, 168, 1353-1364.	3.4	290
8	Sleep duration and incidence of obesity in infants, children, and adolescents: a systematic review and meta-analysis of prospective studies. Sleep, 2018, 41, .	1.1	263
9	Sleep and Cardio-Metabolic Disease. Current Cardiology Reports, 2017, 19, 110.	2.9	211
10	Inflammation, Sleep, Obesity and Cardiovascular Disease Current Vascular Pharmacology, 2007, 5, 93-102.	1.7	180
11	Cross-sectional versus Prospective Associations of Sleep Duration with Changes in Relative Weight and Body Fat Distribution. American Journal of Epidemiology, 2008, 167, 321-329.	3.4	150
12	A population-based study of reduced sleep duration and hypertension: the strongest association may be in premenopausal women. Journal of Hypertension, 2010, 28, 896-902.	0.5	150
13	Gender differences in the cross-sectional relationships between sleep duration and markers of inflammation: Whitehall II study. Sleep, 2009, 32, 857-64.	1.1	143
14	Associations Between Change in Sleep Duration and Inflammation: Findings on C-reactive Protein and Interleukin 6 in the Whitehall II Study. American Journal of Epidemiology, 2013, 178, 956-961.	3.4	139
15	Inflammation, Insulin Resistance, and Diabetes—Mendelian Randomization Using CRP Haplotypes Points Upstream. PLoS Medicine, 2008, 5, e155.	8.4	136
16	Common variants in the TCF7L2 gene and predisposition to type 2 diabetes in UK European Whites, Indian Asians and Afro-Caribbean men and women. Journal of Molecular Medicine, 2006, 84, 1005-1014.	3.9	131
17	Nonpharmacological Treatments of Insomnia for Long-Term Painful Conditions: A Systematic Review and Meta-analysis of Patient-Reported Outcomes in Randomized Controlled Trials. Sleep, 2015, 38, 1751-1764.	1.1	129
18	A systematic review of COVID-19 and obstructive sleep apnoea. Sleep Medicine Reviews, 2021, 55, 101382.	8.5	102

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19	Alcohol consumption and n–3 polyunsaturated fatty acids in healthy men and women from 3 European populations. American Journal of Clinical Nutrition, 2009, 89, 354-362.	4.7	94
20	Comparisons of spot vs 24-h urine samples for estimating population salt intake: Validation study in two independent samples of adults in Britain and Italy. Nutrition, Metabolism and Cardiovascular Diseases, 2014, 24, 140-147.	2.6	76
21	Ethnic and sex differences in circulating endotoxin levels: A novel marker of atherosclerotic and cardiovascular risk in a British multi-ethnic population. Atherosclerosis, 2009, 203, 494-502.	0.8	75
22	The effect of plant-based dietary patterns on blood pressure: a systematic review and meta-analysis of controlled intervention trials. Journal of Hypertension, 2021, 39, 23-37.	0.5	70
23	Ancestry as a Determinant of Mean Population C-Reactive Protein Values. Circulation: Cardiovascular Genetics, 2010, 3, 436-444.	5.1	67
24	Aldosterone synthase gene (CYP11B2) C-344T polymorphism, plasma aldosterone, renin activity and blood pressure in a multi-ethnic population. Journal of Hypertension, 2004, 22, 1895-1901.	0.5	64
25	Gender differences in copper, zinc and selenium status in diabetic-free metabolic syndrome European population – The IMMIDIET study. Nutrition, Metabolism and Cardiovascular Diseases, 2012, 22, 517-524.	2.6	62
26	Telomere Length Attrition, a Marker of Biological Senescence, Is Inversely Correlated with Triglycerides and Cholesterol in South Asian Males with Type 2 Diabetes Mellitus. Experimental Diabetes Research, 2012, 2012, 1-7.	3.8	56
27	Ethnic differences in circulating soluble adhesion molecules: the Wandsworth Heart and Stroke Study. Clinical Science, 2003, 104, 591-598.	4.3	54
28	Systematic review and metaâ€analyses of the relationship between short sleep and incidence of obesity and effectiveness of sleep interventions on weight gain in preschool children. Obesity Reviews, 2021, 22, e13113.	6.5	50
29	Contrasting associations between aldosterone synthase gene polymorphisms and essential hypertension in blacks and in whites. Journal of Hypertension, 2003, 21, 87-95.	0.5	49
30	Prevalence, awareness, treatment and control of hypertension in healthy unrelated male–female pairs of European regions: the dietary habit profile in European communities with different risk of myocardial infarction – the impact of migration as a model of gene–environment interaction project. Journal of Hypertension, 2008, 26, 2303-2311.	0.5	49
31	Acute and sustained changes in sodium balance during nifedipine treatment in essential hypertension. American Journal of Medicine, 1991, 91, 233-238.	1.5	47
32	Ethnicity and Inflammatory Pathways - Implications for Vascular Disease, Vascular Risk and Therapeutic Intervention. Current Medicinal Chemistry, 2007, 14, 1409-1425.	2.4	45
33	Biomarkers of cardiovascular risk in sleep-deprived people. Journal of Human Hypertension, 2013, 27, 583-588.	2.2	44
34	Cellular adhesion molecules and their relationship with measures of obesity and metabolic syndrome in a multiethnic population. International Journal of Obesity, 2006, 30, 1176-1182.	3.4	43
35	Cross-Sectional Study of Sleep Quantity and Quality and Amnestic and Non-Amnestic Cognitive Function in an Ageing Population: The English Longitudinal Study of Ageing (ELSA). PLoS ONE, 2014, 9, e100991.	2.5	43
36	The Role of Sleep and Sleep Disorders in the Development, Diagnosis, and Management of Neurocognitive Disorders. Frontiers in Neurology, 2015, 6, 224.	2.4	42

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37	Reduction of Salt Intake During Converting Enzyme Inhibitor Treatment Compared With Addition of a Thiazide. Hypertension, 1995, 25, 1042-1044.	2.7	41
38	Association of sleep duration and quality with blood lipids: a systematic review and meta-analysis of prospective studies. BMJ Open, 2017, 7, e018585.	1.9	40
39	Does High C-reactive Protein Concentration Increase Atherosclerosis? The Whitehall II Study. PLoS ONE, 2008, 3, e3013.	2.5	39
40	Association of Inflammatory Markers with Cardiovascular Risk and Sleepiness. Journal of Clinical Sleep Medicine, 2011, 7, S31-3.	2.6	36
41	Association between the Thr715Pro P-selectin gene polymorphism and soluble P-selectin levels in a multiethnic population in South London. Thrombosis and Haemostasis, 2004, 92, 1060-1065.	3.4	32
42	Low Serum Adiponectin Predicts 10-Year Risk of Type 2 Diabetes and HbA1c Independently of Obesity, Lipids, and Inflammation: Whitehall II Study. Hormone and Metabolic Research, 2009, 41, 626-629.	1,5	32
43	Cellular adhesion molecules and blood pressure. Journal of Hypertension, 2004, 22, 705-711.	0.5	31
44	Hyperleptinemia is associated with hypertension, systemic inflammation and insulin resistance in overweight but not in normal weight men. Nutrition, Metabolism and Cardiovascular Diseases, 2012, 22, 300-306.	2.6	30
45	Systematic review and meta-analysis of randomised controlled trials on the effects of potassium supplements on serum potassium and creatinine. BMJ Open, 2016, 6, e011716.	1.9	28
46	Molecular variants of the sodium/hydrogen exchanger type 3 gene and essential hypertension. Journal of Hypertension, 2004, 22, 1269-1275.	0.5	23
47	Relationships Between Sleep Duration and von Willebrand Factor, Factor VII, and Fibrinogen. Arteriosclerosis, Thrombosis, and Vascular Biology, 2010, 30, 2032-2038.	2.4	22
48	Circulating soluble E-selectin levels and the Ser128Arg polymorphism in individuals from different ethnic groups. Nutrition, Metabolism and Cardiovascular Diseases, 2005, 15, 65-70.	2.6	21
49	Genetic Variants of Y Chromosome Are Associated With a Protective Lipid Profile in Black Men. Arteriosclerosis, Thrombosis, and Vascular Biology, 2008, 28, 1569-1574.	2.4	21
50	Association between C reactive protein and all-cause mortality in the ELSA-Brasil cohort. Journal of Epidemiology and Community Health, 2020, 74, 421-427.	3.7	21
51	Potassium channel stimulation in normal subjects and in patients with essential hypertension: an acute study with cromakalim (BRL34915). Journal of Hypertension, 1989, 7, S294-295.	0.5	19
52	A Double-Blind Crossover Study of the Effect of Concomitant Diuretic Therapy in Hypertensive Patients Treated With Amlodipine. American Journal of Hypertension, 1991, 4, 297-302.	2.0	19
53	Genetic variation of alcohol dehydrogenase type 1C (ADH1C), alcohol consumption, and metabolic cardiovascular risk factors: Results from the IMMIDIET study. Atherosclerosis, 2009, 207, 284-290.	0.8	19
54	Sleep disturbances and the At Risk Mental State: A systematic review and meta-analysis. Schizophrenia Research, 2021, 227, 81-91.	2.0	19

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55	Short duration of sleep and incidence of overweight or obesity in Chinese children and adolescents: A systematic review and meta-analysis of prospective studies. Nutrition, Metabolism and Cardiovascular Diseases, 2021, 31, 363-371.	2.6	19
56	Extraction Method and Nonextracted Kit Method Compared for Measuring Plasma Aldosterone. Clinical Chemistry, 1997, 43, 1995-1997.	3.2	18
57	Association between IL6 gene variants â^174G>C and â^572G>C and serum IL-6 levels: Interactions with social position in the Whitehall II cohort. Atherosclerosis, 2009, 204, 459-464.	0.8	17
58	Sleep and mortality: cause, consequence, or symptom?. Sleep Medicine, 2013, 14, 587-588.	1.6	17
59	Radioimmunoassay for plasma neuropeptide-Y in physiological and physiopathological states and response to sympathetic activation Clinica Chimica Acta, 1990, 192, 47-53.	1.1	16
60	Is prolonged lack of sleep associated with obesity?. BMJ: British Medical Journal, 2011, 342, d3306-d3306.	2.3	16
61	Evaluation and Management of Sleep and Circadian Rhythm Disturbance in Cancer. Current Treatment Options in Oncology, 2021, 22, 81.	3.0	16
62	Epithelial Sodium Channel Activity Is Not Increased in Hypertension in Whites. Hypertension, 1999, 33, 1031-1035.	2.7	15
63	The paraoxonase (PON1) Q192R polymorphism is not associated with poor health status or depression in the ELSA or INCHIANTI studies. International Journal of Epidemiology, 2009, 38, 1374-1379.	1.9	15
64	Are Short Bad Sleep Nights a Hindrance to a Healthy Heart?. Sleep, 2011, 34, 1457-1458.	1.1	13
65	Sleep and Cognition. , 0, , .		13
66	A New Challenge to Widely Held Views on the Role of Sleep. Annals of Internal Medicine, 2012, 157, 593.	3.9	7
67	Soluble adhesion molecules and coronary heart disease. Lancet, The, 2002, 359, 526.	13.7	6
68	Ethnic variation in levels of circulating IgG autoantibodies to oxidised low-density lipoprotein. Atherosclerosis, 2009, 203, 126-136.	0.8	5
69	Ethnic differences in erythrocyte membrane fluidity and the association with serum triacylglycerols. Clinical Science, 2001, 100, 653-658.	4.3	4
70	In-vivo intracellular pH at rest and during exercise in patients with essential hypertension. Journal of Hypertension, 2001, 19, 1595-1600.	0.5	3
71	Endotoxin and metabolic syndrome. Atherosclerosis, 2009, 206, 37.	0.8	2
72	Ethnic differences in erythrocyte membrane fluidity and the association with serum triacylglycerols. Clinical Science, 2001, 100, 653.	4.3	1

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73	Heart failure with preserved ejection fraction (HFpEF) pathophysiology study (IDENTIFY-HF): does increased arterial stiffness associate with HFpEF, in addition to ageing and vascular effects of comorbidities? Rationale and design. BMJ Open, 2019, 9, e027984.	1.9	1
74	Reply to Hu etÂal. Significant association of obstructive sleep apnoea with increased risk for fatal COVID-19. Sleep Medicine Reviews, 2022, 63, 101625.	8.5	1
75	Energy cannot be created nor destroyed. Nutrition, Metabolism and Cardiovascular Diseases, 2006, 16, e11.	2.6	0
76	Sleep, Hypertension, and Diabetes., 2012,, 267-278.		0
77	Sleep Disturbances, Hypertension, and Type 2 Diabetes. , 2018, , 235-247.		0