# Charles Andrew Czeisler

List of Publications by Year
in descending order



| 310 | 42,077 | 2311 | 2500 |
|---|---|---|---|
| papers | citations | 98 h-index | 196 g-index |

| 334 | 334 | 334 | 24893 |
|---|---|---|---|
| all docs | docs citations | times ranked | citing authors |

| # | Article | IF | Citations |
|---|---|---|---|
| 1 | Mental Health, Substance Use, and Suicidal Ideation During the COVID-19 Pandemic â€" United States, June 24â€"30, 2020. Morbidity and Mortality Weekly Report, 2020, 69, 1049-1057. | 9.0 | 1,964 |
| 2 | Circadian Variation in the Frequency of Onset of Acute Myocardial Infarction. New England Journal of Medicine, 1985, 313, 1315-1322. | 13.9 | 1,806 |
| 3 | Effect of Reducing Interns' Work Hours on Serious Medical Errors in Intensive Care Units. New England Journal of Medicine, 2004, 351, 1838-1848. | 13.9 | 1,589 |
| 4 | The Critical Care Safety Study: The incidence and nature of adverse events and serious medical errors in intensive care*. Critical Care Medicine, 2005, 33, 1694-1700. | 0.4 | 1,388 |
| 5 | Concurrent Morning Increase in Platelet Aggregability and the Risk of Myocardial Infarction and Sudden Cardiac Death. New England Journal of Medicine, 1987, 316, 1514-1518. | 13.9 | 1,064 |
| 6 | Delay or Avoidance of Medical Care Because of COVID-19â€"Related Concerns â€" United States, June 2020. Morbidity and Mortality Weekly Report, 2020, 69, 1250-1257. | 9.0 | 1,044 |
| 7 | Sensitivity of the human circadian pacemaker to nocturnal light: melatonin phase resetting and suppression. Journal of Physiology, 2000, 526, 695-702. | 1.3 | 962 |
| 8 | Measuring and using light in the melanopsin age. Trends in Neurosciences, 2014, 37, 1-9. | 4.2 | 879 |
| 9 | A Phase Response Curve to Single Bright Light Pulses in Human Subjects. Journal of Physiology, 2003, 549, 945-952. | 1.3 | 849 |
| 10 | Effect of Reducing Interns' Weekly Work Hours on Sleep and Attentional Failures. New England Journal of Medicine, 2004, 351, 1829-1837. | 13.9 | 843 |
| 11 | Evening use of light-emitting eReaders negatively affects sleep, circadian timing, and next-morning alertness. Proceedings of the National Academy of Sciences of the United States of America, 2015, 112, 1232-1237. | 3.3 | 835 |
| 12 | Extended Work Shifts and the Risk of Motor Vehicle Crashes among Interns. New England Journal of Medicine, 2005, 352, 125-134. | 13.9 | 808 |
| 13 | High Sensitivity of the Human Circadian Melatonin Rhythm to Resetting by Short Wavelength Light. Journal of Clinical Endocrinology and Metabolism, 2003, 88, 4502-4505. | 1.8 | 655 |
| 14 | Adverse Metabolic Consequences in Humans of Prolonged Sleep Restriction Combined with Circadian Disruption. Science Translational Medicine, 2012, 4, 129ra43. | 5.8 | 619 |
| 15 | Paradoxical timing of the circadian rhythm of sleep propensity serves to consolidate sleep and wakefulness in humans. Neuroscience Letters, 1994, 166, 63-68. | 1.0 | 598 |
| 16 | Suppression of Melatonin Secretion in Some Blind Patients by Exposure to Bright Light. New England Journal of Medicine, 1995, 332, 6-11. | 13.9 | 579 |
| 17 | Exposure to Bright Light and Darkness to Treat Physiologic Maladaptation to Night Work. New England Journal of Medicine, 1990, 322, 1253-1259. | 13.9 | 529 |
| 18 | Dose-response relationships for resetting of human circadian clock by light. Nature, 1996, 379, 540-542. | 13.7 | 529 |

| # | Article | IF | Citations |
|---|---|---|---|
| 19 | Dose-response relationship for light intensity and ocular and electroencephalographic correlates of human alertness. Behavioural Brain Research, 2000, 115, 75-83. | 1.2 | 519 |
| 20 | Circadian and sleep/wake dependent aspects of subjective alertness and cognitive performance. Journal of Sleep Research, 1992, 1, 112-117. | 1.7 | 517 |
| 21 | Sex difference in the near-24-hour intrinsic period of the human circadian timing system. Proceedings of the National Academy of Sciences of the United States of America, 2011, 108, 15602-15608. | 3.3 | 459 |
| 22 | Ageing and the circadian and homeostatic regulation of human sleep during forced desynchrony of rest, melatonin and temperature rhythms. Journal of Physiology, 1999, 516, 611-627. | 1.3 | 412 |
| 23 | Exposure to Room Light before Bedtime Suppresses Melatonin Onset and Shortens Melatonin Duration in Humans. Journal of Clinical Endocrinology and Metabolism, 2011, 96, E463-E472. | 1.8 | 393 |
| 24 | Impact of Extended-Duration Shifts on Medical Errors, Adverse Events, and Attentional Failures. PLoS Medicine, 2006, 3, e487. | 3.9 | 379 |
| 25 | Short-wavelength sensitivity for the direct effects of light on alertness, vigilance, and the waking electroencephalogram in humans. Sleep, 2006, 29, 161-8. | 0.6 | 372 |
| 26 | Time course of sleep inertia dissipation in human performance and alertness. Journal of Sleep Research, 1999, 8, 1-8. | 1.7 | 367 |
| 27 | Modafinil for Excessive Sleepiness Associated with Shift-Work Sleep Disorder. New England Journal of Medicine, 2005, 353, 476-486. | 13.9 | 358 |
| 28 | Chronotherapy: Resetting the Circadian Clocks of Patients with Delayed Sleep Phase Insomnia. Sleep, 1981, 4, 1-21. | 0.6 | 351 |
| 29 | Spectral Responses of the Human Circadian System Depend on the Irradiance and Duration of Exposure to Light. Science Translational Medicine, 2010, 2, 31ra33. | 5.8 | 345 |
| 30 | Influence of sleep deprivation and circadian misalignment on cortisol, inflammatory markers, and cytokine balance. Brain, Behavior, and Immunity, 2015, 47, 24-34. | 2.0 | 331 |
| 31 | Extended Work Duration and the Risk of Self-reported Percutaneous Injuries in Interns. JAMA - Journal of the American Medical Association, 2006, 296, 1055. | 3.8 | 329 |
| 32 | Relationship between alertness, performance, and body temperature in humans. American Journal of Physiology - Regulatory Integrative and Comparative Physiology, 2002, 283, R1370-R1377. | 0.9 | 326 |
| 33 | Circadian Timekeeping in Health and Disease. New England Journal of Medicine, 1983, 309, 469-476. | 13.9 | 325 |
| 34 | The Sleep and Technology Use of Americans: Findings from the National Sleep Foundation's 2011 Sleep in America Poll. Journal of Clinical Sleep Medicine, 2013, 09, 1291-1299. | 1.4 | 325 |
| 35 | Irregular sleep/wake patterns are associated with poorer academic performance and delayed circadian and sleep/wake timing. Scientific Reports, 2017, 7, 3216. | 1.6 | 325 |
| 36 | Effect of Light on Human Circadian Physiology. Sleep Medicine Clinics, 2009, 4, 165-177. | 1.2 | 319 |

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|---|---|---|---|
| 37 | CONTRIBUTION OF CIRCADIAN PHYSIOLOGY AND SLEEP HOMEOSTASIS TO AGE-RELATED CHANGES IN HUMAN SLEEP. Chronobiology International, 2000, 17, 285-311. | 0.9 | 307 |
| 38 | Sleep Disorders, Health, and Safety in Police Officers. JAMA - Journal of the American Medical Association, 2011, 306, 2567. | 3.8 | 305 |
| 39 | Short-Wavelength Light Sensitivity of Circadian, Pupillary, and Visual Awareness in Humans Lacking an Outer Retina. Current Biology, 2007, 17, 2122-2128. | 1.8 | 296 |
| 40 | Later circadian timing of food intake is associated with increased body fat. American Journal of Clinical Nutrition, 2017, 106, 1213-1219. | 2.2 | 280 |
| 41 | Circadian temperature and melatonin rhythms, sleep, and neurobehavioral function in humans living on a 20-h day. American Journal of Physiology - Regulatory Integrative and Comparative Physiology, 1999, 277, R1152-R1163. | 0.9 | 274 |
| 42 | Light-induced suppression of endogenous circadian amplitude in humans. Nature, 1991, 350, 59-62. | 13.7 | 252 |
| 43 | Effects of Health Care Provider Work Hours and Sleep Deprivation on Safety and Performance. Joint Commission Journal on Quality and Patient Safety, 2007, 33, 7-18. | 0.4 | 243 |
| 44 | Human responses to bright light of different durations. Journal of Physiology, 2012, 590, 3103-3112. | 1.3 | 233 |
| 45 | Adaptation of Human Pineal Melatonin Suppression by Recent Photic History. Journal of Clinical Endocrinology and Metabolism, 2004, 89, 3610-3614. | 1.8 | 231 |
| 46 | Sex Differences in Phase Angle of Entrainment and Melatonin Amplitude in Humans. Journal of Biological Rhythms, 2010, 25, 288-296. | 1.4 | 230 |
| 47 | Public Attitudes, Behaviors, and Beliefs Related to COVID-19, Stay-at-Home Orders, Nonessential Business Closures, and Public Health Guidance â€" United States, New York City, and Los Angeles, May 5â€"12, 2020. Morbidity and Mortality Weekly Report, 2020, 69, 751-758. | 9.0 | 217 |
| 48 | The Statistical Analysis of Circadian Phase and Amplitude in Constant-Routine Core-Temperature Data. Journal of Biological Rhythms, 1992, 7, 177-202. | 1.4 | 216 |
| 49 | Human phase response curve to a 1 h pulse of bright white light. Journal of Physiology, 2012, 590, 3035-3045. | 1.3 | 213 |
| 50 | Variation of electroencephalographic activity during non-rapid eye movement and rapid eye movement sleep with phase of circadian melatonin rhythm in humans. Journal of Physiology, 1997, 505, 851-858. | 1.3 | 210 |
| 51 | Risks of Complications by Attending Physicians After Performing Nighttime Procedures. JAMA - Journal of the American Medical Association, 2009, 302, 1565. | 3.8 | 207 |
| 52 | Light Exposure Induces Equivalent Phase Shifts of the Endogenous Circadian Rhythms of Circulating Plasma Melatonin and Core Body Temperature in Men*. Journal of Clinical Endocrinology and Metabolism, 1991, 73, 227-235. | 1.8 | 204 |
| 53 | EEG and ocular correlates of circadian melatonin phase and human performance decrements during sleep loss. American Journal of Physiology - Regulatory Integrative and Comparative Physiology, 1999, 277, R640-R649. | 0.9 | 201 |
| 54 | Uncovering Residual Effects of Chronic Sleep Loss on Human Performance. Science Translational Medicine, 2010, 2, 14ra3. | 5.8 | 199 |

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|---|---|---|---|
| 55 | The human circadian system adapts to prior photic history. Journal of Physiology, 2011, 589, 1095-1102. | 1.3 | 198 |
| 56 | Prevalence of sleep deficiency and use of hypnotic drugs in astronauts before, during, and after spaceflight: an observational study. Lancet Neurology, The, 2014, 13, 904-912. | 4.9 | 198 |
| 57 | Age-related change in the relationship between circadian period, circadian phase, and diurnal preference in humans. Neuroscience Letters, 2002, 318, 117-120. | 1.0 | 193 |
| 58 | Sleep, performance, circadian rhythms, and light-dark cycles during two space shuttle flights. American Journal of Physiology - Regulatory Integrative and Comparative Physiology, 2001, 281, R1647-R1664. | 0.9 | 192 |
| 59 | Intrinsic Period and Light Intensity Determine the Phase Relationship between Melatonin and Sleep in Humans. Journal of Biological Rhythms, 2005, 20, 168-177. | 1.4 | 185 |
| 60 | Melanopsin and Rodâ€“Cone Photoreceptors Play Different Roles in Mediating Pupillary Light Responses during Exposure to Continuous Light in Humans. Journal of Neuroscience, 2012, 32, 14242-14253. | 1.7 | 181 |
| 61 | Entrainment of the human circadian pacemaker to longer-than-24-h days. Proceedings of the National Academy of Sciences of the United States of America, 2007, 104, 9081-9086. | 3.3 | 180 |
| 62 | Peak of circadian melatonin rhythm occurs later within the sleep of older subjects. American Journal of Physiology - Endocrinology and Metabolism, 2002, 282, E297-E303. | 1.8 | 177 |
| 63 | Low-Dose Repeated Caffeine Administration for Circadian-Phase-Dependent Performance Degradation During Extended Wakefulness. Sleep, 2004, 27, 374-381. | 0.6 | 173 |
| 64 | Recognizing academic performance, sleep quality, stress level, and mental health using personality traits, wearable sensors and mobile phones. , 2015, 2015, . | | 173 |
| 65 | Efficacy of a single sequence of intermittent bright light pulses for delaying circadian phase in humans. American Journal of Physiology - Endocrinology and Metabolism, 2004, 287, E174-E181. | 1.8 | 168 |
| 66 | Perspective: Casting light on sleep deficiency. Nature, 2013, 497, S13-S13. | 13.7 | 167 |
| 67 | Age-Related Increase in Awakenings: Impaired Consolidation of NonREM Sleep at All Circadian Phases. Sleep, 2001, 24, 565-577. | 0.6 | 165 |
| 68 | High risk of near-crash driving events following night-shift work. Proceedings of the National Academy of Sciences of the United States of America, 2016, 113, 176-181. | 3.3 | 165 |
| 69 | Sleep and Wakefulness Out of Phase with Internal Biological Time Impairs Learning in Humans. Journal of Cognitive Neuroscience, 2006, 18, 508-521. | 1.1 | 164 |
| 70 | Sleep-Facilitating Effect of Exogenous Melatonin in Healthy Young Men and Women Is Circadian-Phase Dependent. Sleep, 2006, 29, 609-618. | 0.6 | 163 |
| 71 | Diurnal Spectral Sensitivity of the Acute Alerting Effects of Light. Sleep, 2014, 37, 271-281. | 0.6 | 162 |
| 72 | Follow-up Survey of US Adult Reports of Mental Health, Substance Use, and Suicidal Ideation During the COVID-19 Pandemic, September 2020. JAMA Network Open, 2021, 4, e2037665. | 2.8 | 162 |

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| 73 | Daily exercise facilitates phase delays of circadian melatonin rhythm in very dim light. American Journal of Physiology - Regulatory Integrative and Comparative Physiology, 2004, 286, R1077-R1084. | 0.9 | 160 |
| 74 | Later endogenous circadian temperature nadir relative to an earlier wake time in older people. American Journal of Physiology - Regulatory Integrative and Comparative Physiology, 1998, 275, R1478-R1487. | 0.9 | 159 |
| 75 | Recommendations for daytime, evening, and nighttime indoor light exposure to best support physiology, sleep, and wakefulness in healthy adults. PLoS Biology, 2022, 20, e3001571. | 2.6 | 158 |
| 76 | Circadian Timekeeping in Health and Disease. New England Journal of Medicine, 1983, 309, 530-536. | 13.9 | 150 |
| 77 | An endogenous circadian rhythm of respiratory control in humans. Journal of Physiology, 2000, 526, 683-694. | 1.3 | 139 |
| 78 | Acute Effects of Bright Light Exposure on Cortisol Levels. Journal of Biological Rhythms, 2010, 25, 208-216. | 1.4 | 133 |
| 79 | ENTRAINMENT OF HUMAN ORCADIAN RHYTHMS BY LIGHT-DARK CYCLES: A REASSESSMENT. Photochemistry and Photobiology, 1981, 34, 239-247. | 1.3 | 130 |
| 80 | Interns' Compliance With Accreditation Council for Graduate Medical Education Work-Hour Limits. JAMA - Journal of the American Medical Association, 2006, 296, 1063. | 3.8 | 130 |
| 81 | Circadian Sleep Regulation in the Absence of Light Perception: Chronic Non-24-Hour Circadian Rhythm Sleep Disorder in a Blind Man With a Regular 24-Hour Sleepâ€"Wake Schedule. Sleep, 1993, 16, 333-343. | 0.6 | 129 |
| 82 | Sleep inertia, sleep homeostatic and circadian influences on higherâ€order cognitive functions. Journal of Sleep Research, 2015, 24, 364-371. | 1.7 | 129 |
| 83 | Resetting of circadian melatonin and cortisol rhythms in humans by ordinary room light. NeuroReport, 1998, 9, 779-782. | 0.6 | 128 |
| 84 | Access to Electric Light Is Associated with Shorter Sleep Duration in a Traditionally Hunter-Gatherer Community. Journal of Biological Rhythms, 2015, 30, 342-350. | 1.4 | 127 |
| 85 | Phase-Amplitude Resetting of the Human Circadian Pacemaker via Bright Light: A Further Analysis. Journal of Biological Rhythms, 1994, 9, 295-314. | 1.4 | 126 |
| 86 | Human phase response curve to a single 6.5Âh pulse of shortâ€wavelength light. Journal of Physiology, 2013, 591, 353-363. | 1.3 | 125 |
| 87 | Acute Sleep Deprivation and Circadian Misalignment Associated with Transition onto the First Night of Work Impairs Visual Selective Attention. PLoS ONE, 2007, 2, e1233. | 1.1 | 124 |
| 88 | The Parathyroid Hormone Circadian Rhythm Is Truly Endogenousâ€"A General Clinical Research Center Study<sup>1</sup>. Journal of Clinical Endocrinology and Metabolism, 1997, 82, 281-286. | 1.8 | 121 |
| 89 | Melatonin, sleep, and circadian rhythms. Sleep Medicine Reviews, 2005, 9, 5-9. | 3.8 | 121 |
| 90 | Sleep Duration in Midlife and Later Life in Relation to Cognition. Journal of the American Geriatrics Society, 2014, 62, 1073-1081. | 1.3 | 118 |

| # | Article | IF | Citations |
|---|---|---|---|
| 91 | Armodafinil for Treatment of Excessive Sleepiness Associated With Shift Work Disorder: A Randomized Controlled Study. Mayo Clinic Proceedings, 2009, 84, 958-972. | 1.4 | 116 |
| 92 | Common Sleep Disorders Increase Risk of Motor Vehicle Crashes and Adverse Health Outcomes in Firefighters. Journal of Clinical Sleep Medicine, 2015, 11, 233-240. | 1.4 | 114 |
| 93 | Amplitude Reduction and Phase Shifts of Melatonin, Cortisol and Other Circadian Rhythms after a Gradual Advance of Sleep and Light Exposure in Humans. PLoS ONE, 2012, 7, e30037. | 1.1 | 113 |
| 94 | Human Resting Energy Expenditure Varies with Circadian Phase. Current Biology, 2018, 28, 3685-3690.e3. | 1.8 | 113 |
| 95 | Attenuated amplitude of circadian and sleep-dependent modulation of electroencephalographic sleep spindle characteristics in elderly human subjects. Neuroscience Letters, 1999, 260, 29-32. | 1.0 | 112 |
| 96 | Plasticity of the Intrinsic Period of the Human Circadian Timing System. PLoS ONE, 2007, 2, e721. | 1.1 | 112 |
| 97 | Decreased sensitivity to phase-delaying effects of moderate intensity light in older subjects. Neurobiology of Aging, 2007, 28, 799-807. | 1.5 | 110 |
| 98 | Duration, timing and quality of sleep are each vital for health, performance and safety. Sleep Health, 2015, 1, 5-8. | 1.3 | 109 |
| 99 | Efficacy of bright light and sleep/darkness scheduling in alleviating circadian maladaptation to night work. American Journal of Physiology - Endocrinology and Metabolism, 2001, 281, E384-E391. | 1.8 | 102 |
| 100 | Circadian misalignment affects sleep and medication use before and during spaceflight. Npj Microgravity, 2016, 2, 15019. | 1.9 | 100 |
| 101 | Dynamic resetting of the human circadian pacemaker by intermittent bright light. American Journal of Physiology - Regulatory Integrative and Comparative Physiology, 2000, 279, R1574-R1579. | 0.9 | 99 |
| 102 | Sleep disorders, depression and anxiety are associated with adverse safety outcomes in healthcare workers: A prospective cohort study. Journal of Sleep Research, 2018, 27, e12722. | 1.7 | 98 |
| 103 | Nonphotic entrainment of the human circadian pacemaker. American Journal of Physiology - Regulatory Integrative and Comparative Physiology, 1998, 274, R991-R996. | 0.9 | 95 |
| 104 | The challenges and opportunities of technological approaches to fatigue management. Accident Analysis and Prevention, 2011, 43, 565-572. | 3.0 | 94 |
| 105 | Blue Light Stimulates Cognitive Brain Activity in Visually Blind Individuals. Journal of Cognitive Neuroscience, 2013, 25, 2072-2085. | 1.1 | 94 |
| 106 | Direct Effects of Light on Alertness, Vigilance, and the Waking Electroencephalogram in Humans Depend on Prior Light History. Sleep, 2013, 36, 1239-1246. | 0.6 | 94 |
| 107 | Long-Term Ambulatory Temperature Monitoring in a Subject with a Hypernychthemeral Sleep-Wake Cycle Disturbance. Sleep, 1978, 1, 177-190. | 0.6 | 93 |
| 108 | Research on sleep, circadian rhythms and aging: Applications to manned spaceflight. Experimental Gerontology, 1991, 26, 217-232. | 1.2 | 92 |

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| 109 | Nonadherence with Employer-Mandated Sleep Apnea Treatment and Increased Risk of Serious Truck Crashes. Sleep, 2016, 39, 967-975. | 0.6 | 90 |
| 110 | Biologic Rhythm Disorders, Depression, and Phototherapy. Psychiatric Clinics of North America, 1987, 10, 687-709. | 0.7 | 90 |
| 111 | Addition of a non-photic component to a light-based mathematical model of the human circadian pacemaker. Journal of Theoretical Biology, 2007, 247, 583-599. | 0.8 | 89 |
| 112 | Survival analysis indicates that age-related decline in sleep continuity occurs exclusively during NREM sleep. Neurobiology of Aging, 2013, 34, 309-318. | 1.5 | 89 |
| 113 | Circadian Regulation Dominates Homeostatic Control of Sleep Length and Prior Wake Length in Humans. Sleep, 1986, 9, 353-364. | 0.6 | 88 |
| 114 | Plasma Melatonin Rhythms In Young and Older Humans During Sleep, Sleep Deprivation, and Wake. Sleep, 2007, 30, 1437-1443. | 0.6 | 88 |
| 115 | Sleep deficiency and motor vehicle crash risk in the general population: a prospective cohort study. BMC Medicine, 2018, 16, 44. | 2.3 | 88 |
| 116 | Armodafinil for Treatment of Excessive Sleepiness Associated With Shift Work Disorder: A Randomized Controlled Study. Mayo Clinic Proceedings, 2009, 84, 958-972. | 1.4 | 83 |
| 117 | Human circadian pacemaker is sensitive to light throughout subjective day without evidence of transients. American Journal of Physiology - Regulatory Integrative and Comparative Physiology, 1997, 273, R1800-R1809. | 0.9 | 80 |
| 118 | Absence of Detectable Melatonin and Preservation of Cortisol and Thyrotropin Rhythms in Tetraplegia1. Journal of Clinical Endocrinology and Metabolism, 2000, 85, 2189-2196. | 1.8 | 78 |
| 119 | Comparison of sustained attention assessed by auditory and visual psychomotor vigilance tasks prior to and during sleep deprivation. Journal of Sleep Research, 2011, 20, 348-355. | 1.7 | 78 |
| 120 | Mental health, substance use, and suicidal ideation during a prolonged COVID-19-related lockdown in a region with low SARS-CoV-2 prevalence. Journal of Psychiatric Research, 2021, 140, 533-544. | 1.5 | 78 |
| 121 | Sensitivity of the Human Circadian Pacemaker to Moderately Bright Light. Journal of Biological Rhythms, 1994, 9, 315-331. | 1.4 | 77 |
| 122 | The Impact of Sleep Timing and Bright Light Exposure on Attentional Impairment during Night Work. Journal of Biological Rhythms, 2008, 23, 341-352. | 1.4 | 77 |
| 123 | Sleep Deprivation, Elective Surgical Procedures, and Informed Consent. New England Journal of Medicine, 2010, 363, 2577-2579. | 13.9 | 75 |
| 124 | Impact of Common Diabetes Risk Variant in MTNR1B on Sleep, Circadian, and Melatonin Physiology. Diabetes, 2016, 65, 1741-1751. | 0.3 | 75 |
| 125 | Urinary Melatonin Levels, Sleep Disruption, and Risk of Prostate Cancer in Elderly Men. European Urology, 2015, 67, 191-194. | 0.9 | 74 |
| 126 | Meal patterns in â€œfree-runningâ€•humans. Physiology and Behavior, 1981, 27, 621-623. | 1.0 | 72 |

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| 127 | When Policy Meets Physiology. Clinical Orthopaedics and Related Research, 2006, 449, 116-127. | 0.7 | 71 |
| 128 | Resetting the Melatonin Rhythm with Light in Humans. Journal of Biological Rhythms, 1997, 12, 556-567. | 1.4 | 69 |
| 129 | Deterioration of Neurobehavioral Performance in Resident Physicians During Repeated Exposure to Extended Duration Work Shifts. Sleep, 2012, 35, 1137-46. | 0.6 | 69 |
| 130 | Unrestricted evening use of light-emitting tablet computers delays self-selected bedtime and disrupts circadian timing and alertness. Physiological Reports, 2018, 6, e13692. | 0.7 | 68 |
| 131 | Impact of Sleepiness and Sleep Deficiency on Public Healthâ€"Utility of Biomarkers. Journal of Clinical Sleep Medicine, 2011, 7, S6-8. | 1.4 | 67 |
| 132 | Endogenous circadian regulation of pro-inflammatory cytokines and chemokines in the presence of bacterial lipopolysaccharide in humans. Brain, Behavior, and Immunity, 2015, 47, 4-13. | 2.0 | 64 |
| 133 | Recovery from Medical Errors: The Critical Care Nursing Safety Net. Joint Commission Journal on Quality and Patient Safety, 2006, 32, 63-72. | 0.4 | 63 |
| 134 | The Effect of Light on the Human Circadian Pacemaker. Novartis Foundation Symposium, 1995, 183, 254-302. | 1.2 | 62 |
| 135 | The Influence of Subjective Alertness and Motivation on Human Performance Independent of Circadian and Homeostatic Regulation. Journal of Biological Rhythms, 2003, 18, 329-338. | 1.4 | 61 |
| 136 | Scheduling of sleep/darkness affects the circadian phase of night shift workers. Neuroscience Letters, 2005, 384, 316-320. | 1.0 | 61 |
| 137 | Temporal dynamics of late-night photic stimulation of the human circadian timing system. American Journal of Physiology - Regulatory Integrative and Comparative Physiology, 2005, 289, R839-R844. | 0.9 | 60 |
| 138 | Chronic sleep curtailment, even without extended (>16-h) wakefulness, degrades human vigilance performance. Proceedings of the National Academy of Sciences of the United States of America, 2018, 115, 6070-6075. | 3.3 | 60 |
| 139 | Bone Turnover Markers After Sleep Restriction and Circadian Disruption: A Mechanism for Sleep-Related Bone Loss in Humans. Journal of Clinical Endocrinology and Metabolism, 2017, 102, 3722-3730. | 1.8 | 59 |
| 140 | Photopic transduction implicated in human circadian entrainment. Neuroscience Letters, 1997, 232, 135-138. | 1.0 | 58 |
| 141 | Physiological effects of light on the human circadian pacemaker. Seminars in Perinatology, 2000, 24, 299-320. | 1.1 | 58 |
| 142 | Young adults are more vulnerable to chronic sleep deficiency and recurrent circadian disruption than older adults. Scientific Reports, 2018, 8, 11052. | 1.6 | 57 |
| 143 | Irregular sleep and event schedules are associated with poorer self-reported well-being in US college students. Sleep, 2020, 43, . | 0.6 | 57 |
| 144 | Melatonin Rhythm Observed throughout a Three-Cycle Bright-Light Stimulus Designed to Reset the Human Circadian Pacemaker. Journal of Biological Rhythms, 1999, 14, 237-253. | 1.4 | 56 |

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| 145 | Associations between sleep disturbances, mental health outcomes and burnout in firefighters, and the mediating role of sleep during overnight work: A crossâ€sectional study. Journal of Sleep Research, 2019, 28, e12869. | 1.7 | 56 |
| 146 | Associations between shift work characteristics, shift work schedules, sleep and burnout in North American police officers: a cross-sectional study. BMJ Open, 2019, 9, e030302. | 0.8 | 56 |
| 147 | Medical and genetic differences in the adverse impact of sleep loss on performance: ethical considerations for the medical profession. Transactions of the American Clinical and Climatological Association, 2009, 120, 249-85. | 0.9 | 56 |
| 148 | Use of bright light to treat maladaptation to night shift work and circadian rhythm sleep disorders. Journal of Sleep Research, 1995, 4, 70-73. | 1.7 | 55 |
| 149 | US public opinion regarding proposed limits on resident physician work hours. BMC Medicine, 2010, 8, 33. | 2.3 | 55 |
| 150 | Effect on Patient Safety of a Resident Physician Schedule without 24-Hour Shifts. New England Journal of Medicine, 2020, 382, 2514-2523. | 13.9 | 55 |
| 151 | Nonentrained Circadian Rhythms of Melatonin in Submariners Scheduled to an 18-Hour Day. Journal of Biological Rhythms, 1999, 14, 190-196. | 1.4 | 54 |
| 152 | Improved Neurobehavioral Performance during the Wake Maintenance Zone. Journal of Clinical Sleep Medicine, 2013, 09, 353-362. | 1.4 | 54 |
| 153 | Randomized, Prospective Study of the Impact of a Sleep Health Program on Firefighter Injury and Disability. Sleep, 2017, 40, . | 0.6 | 54 |
| 154 | Diurnal Variation in CSF Orexin-A in Healthy Male Subjects. Sleep, 2006, 29, 295-297. | 0.6 | 53 |
| 155 | Implementing the 2009 Institute of Medicine recommendations on resident physician work hours, supervision, and safety. Nature and Science of Sleep, 2011, 3, 47. | 1.4 | 53 |
| 156 | Assessment of Drowsiness Based on Ocular Parameters Detected by Infrared Reflectance Oculography. Journal of Clinical Sleep Medicine, 2013, 09, 907-920. | 1.4 | 52 |
| 157 | Sleep- and circadian-dependent modulation of REM density. Journal of Sleep Research, 2002, 11, 53-59. | 1.7 | 51 |
| 158 | Endogenous Circadian Regulation of Female Reproductive Hormones. Journal of Clinical Endocrinology and Metabolism, 2019, 104, 6049-6059. | 1.8 | 51 |
| 159 | Linear Demasking Techniques Are Unreliable for Estimating the Circadian Phase of Ambulatory Temperature Data. Journal of Biological Rhythms, 1999, 14, 260-274. | 1.4 | 50 |
| 160 | Sleep-deprived motor vehicle operators are unfit to drive: a multidisciplinary expert consensus statement on drowsy driving. Sleep Health, 2016, 2, 94-99. | 1.3 | 50 |
| 161 | Circadian Rhythms in Plasma Brain-derived Neurotrophic Factor Differ in Men and Women. Journal of Biological Rhythms, 2017, 32, 75-82. | 1.4 | 50 |
| 162 | Effect of Modafinil on Impairments in Neurobehavioral Performance and Learning Associated with Extended Wakefulness and Circadian Misalignment. Neuropsychopharmacology, 2010, 35, 1910-1920. | 2.8 | 49 |

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| 163 | Prediction of drowsiness events in night shift workers during morning driving. Accident Analysis and Prevention, 2019, 126, 105-114. | 3.0 | 48 |
| 164 | Short Sleep Duration, Obstructive Sleep Apnea, Shiftwork, and the Risk of Adverse Cardiovascular Events in Patients After an Acute Coronary Syndrome. Journal of the American Heart Association, 2017, 6, . | 1.6 | 46 |
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