

Jason C Ong

List of Publications by Year in descending order

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Version: 2024-02-01

78
papers

4,227
citations

159585

30
h-index

118850

62
g-index

79
all docs

79
docs citations

79
times ranked

4100
citing authors

#	ARTICLE	IF	CITATIONS
1	A Randomized, Placebo-Controlled Trial of Online Cognitive Behavioral Therapy for Chronic Insomnia Disorder Delivered via an Automated Media-Rich Web Application. <i>Sleep</i> , 2012, 35, 769-781.	1.1	442
2	Cognitive Behavioral Therapy for Insomnia Comorbid With Psychiatric and Medical Conditions. <i>JAMA Internal Medicine</i> , 2015, 175, 1461.	5.1	408
3	Effect of Digital Cognitive Behavioral Therapy for Insomnia on Health, Psychological Well-being, and Sleep-Related Quality of Life: A Randomized Clinical Trial. <i>JAMA Psychiatry</i> , 2019, 76, 21.	11.0	269
4	Improving sleep with mindfulness and acceptance: A metacognitive model of insomnia. <i>Behaviour Research and Therapy</i> , 2012, 50, 651-660.	3.1	254
5	A Randomized Controlled Trial of Mindfulness Meditation for Chronic Insomnia. <i>Sleep</i> , 2014, 37, 1553-1563.	1.1	243
6	Combining Mindfulness Meditation with Cognitive-Behavior Therapy for Insomnia: A Treatment-Development Study. <i>Behavior Therapy</i> , 2008, 39, 171-182.	2.4	216
7	CBT for Insomnia in Patients with High and Low Depressive Symptom Severity: Adherence and Clinical Outcomes. <i>Journal of Clinical Sleep Medicine</i> , 2011, 07, 645-652.	2.6	210
8	Mindfulness and Rumination: Does Mindfulness Training Lead to Reductions in the Ruminative Thinking Associated With Depression?. <i>Explore: the Journal of Science and Healing</i> , 2009, 5, 265-271.	1.0	178
9	Who is at risk for dropout from group cognitive-behavior therapy for insomnia?. <i>Journal of Psychosomatic Research</i> , 2008, 64, 419-425.	2.6	135
10	Mindfulness Meditation and Cognitive Behavioral Therapy for Insomnia: A Naturalistic 12-Month Follow-up. <i>Explore: the Journal of Science and Healing</i> , 2009, 5, 30-36.	1.0	121
11	Characteristics of Insomniacs with Self-Reported Morning and Evening Chronotypes. <i>Journal of Clinical Sleep Medicine</i> , 2007, 03, 289-294.	2.6	103
12	The Relation of Trouble Sleeping, Depressed Mood, Pain, and Fatigue in Patients with Cancer. <i>Journal of Clinical Sleep Medicine</i> , 2009, 05, 132-136.	2.6	97
13	A mindfulness-based approach to the treatment of insomnia. <i>Journal of Clinical Psychology</i> , 2010, 66, 1175-1184.	1.9	86
14	Frequency and predictors of obstructive sleep apnea among individuals with major depressive disorder and insomnia. <i>Journal of Psychosomatic Research</i> , 2009, 67, 135-141.	2.6	80
15	Attribution, cognition and psychopathology in persistent insomnia disorder: outcome and mediation analysis from a randomized placebo-controlled trial of online cognitive behavioural therapy. <i>Sleep Medicine</i> , 2014, 15, 913-917.	1.6	78
16	Insomnia and Obstructive Sleep Apnea. <i>Sleep Medicine Clinics</i> , 2013, 8, 389-398.	2.6	62
17	Chronic headaches and insomnia: Working toward a biobehavioral model. <i>Cephalalgia</i> , 2012, 32, 1059-1070.	3.9	58
18	Depression and suicidal ideation in pregnancy: exploring relationships with insomnia, short sleep, and nocturnal rumination. <i>Sleep Medicine</i> , 2020, 65, 62-73.	1.6	58

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19	Chronotype and Improved Sleep Efficiency Independently Predict Depressive Symptom Reduction after Group Cognitive Behavioral Therapy for Insomnia. <i>Journal of Clinical Sleep Medicine</i> , 2015, 11, 1021-1027.	2.6	49
20	Worried sleep: 24-h monitoring in high and low worriers. <i>Biological Psychology</i> , 2013, 94, 61-70.	2.2	47
21	A randomized controlled trial of CBT-I and PAP for obstructive sleep apnea and comorbid insomnia: main outcomes from the MATRICS study. <i>Sleep</i> , 2020, 43, .	1.1	43
22	Gender and cognitiveâ€œemotional factors as predictors of pre-sleep arousal and trait hyperarousal in insomnia. <i>Journal of Psychosomatic Research</i> , 2013, 74, 283-289.	2.6	42
23	Sleep Apnea and Insomnia. <i>Chest</i> , 2021, 159, 2020-2028.	0.8	42
24	Quality Measures for the Care of Patients with Insomnia. <i>Journal of Clinical Sleep Medicine</i> , 2015, 11, 311-334.	2.6	40
25	A two-dimensional approach to assessing affective states in good and poor sleepers. <i>Journal of Sleep Research</i> , 2011, 20, 606-610.	3.2	39
26	Using Mindfulness for the Treatment of Insomnia. <i>Current Sleep Medicine Reports</i> , 2017, 3, 57-65.	1.4	38
27	The More the Merrier? Working Towards Multidisciplinary Management of Obstructive Sleep Apnea and Comorbid Insomnia. <i>Journal of Clinical Psychology</i> , 2013, 69, 1066-1077.	1.9	37
28	Characteristics of insomniacs with self-reported morning and evening chronotypes. <i>Journal of Clinical Sleep Medicine</i> , 2007, 3, 289-94.	2.6	36
29	A Randomized Controlled Trial of Mindfulness Meditation for Chronic Insomnia: Effects on Daytime Symptoms and Cognitive-Emotional Arousal. <i>Mindfulness</i> , 2018, 9, 1702-1712.	2.8	34
30	Can Circadian Dysregulation Exacerbate Migraines?. <i>Headache</i> , 2018, 58, 1040-1051.	3.9	33
31	Digital Cognitive Behavioural Therapy for Insomnia versus sleep hygiene education: the impact of improved sleep on functional health, quality of life and psychological well-being. Study protocol for a randomised controlled trial. <i>Trials</i> , 2016, 17, 257.	1.6	32
32	Behavioral Sleep Medicine Services for Hypersomnia Disorders: A Survey Study. <i>Behavioral Sleep Medicine</i> , 2017, 15, 158-171.	2.1	32
33	Pain Coping Strategies for Tension-Type Headache: Possible Implications for Insomnia?. <i>Journal of Clinical Sleep Medicine</i> , 2009, 05, 52-56.	2.6	30
34	Risk of obstructive sleep apnea in African American patients with chronic rhinosinusitis. <i>Annals of Allergy, Asthma and Immunology</i> , 2017, 118, 685-688.e1.	1.0	29
35	What do we really know about mindfulness and sleep health?. <i>Current Opinion in Psychology</i> , 2020, 34, 18-22.	4.9	29
36	Evaluating the treatment of obstructive sleep apnea comorbid with insomnia disorder using an incomplete factorial design. <i>Contemporary Clinical Trials</i> , 2016, 47, 146-152.	1.8	26

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37	Management of Obstructive Sleep Apnea and Comorbid Insomnia: A Mixed-Methods Evaluation. <i>Behavioral Sleep Medicine</i> , 2017, 15, 180-197.	2.1	26
38	Increased high-frequency NREM EEG power associated with mindfulness-based interventions for chronic insomnia: Preliminary findings from spectral analysis. <i>Journal of Psychosomatic Research</i> , 2019, 120, 12-19.	2.6	24
39	Digital Cognitive Behavioral Therapy for Insomnia in Women With Chronic Migraines. <i>Headache</i> , 2020, 60, 902-915.	3.9	24
40	Autonomic dysregulation and sleep homeostasis in insomnia. <i>Sleep</i> , 2021, 44, .	1.1	24
41	The mediating role of sleep-related metacognitive processes in trait and pre-sleep state hyperarousal in insomnia disorder. <i>Journal of Psychosomatic Research</i> , 2017, 99, 59-65.	2.6	23
42	Morning Versus Evening Bright Light Treatment at Home to Improve Function and Pain Sensitivity for Women with Fibromyalgia: A Pilot Study. <i>Pain Medicine</i> , 2017, 18, 116-123.	1.9	23
43	Developing a cognitive behavioral therapy for hypersomnia using telehealth: a feasibility study. <i>Journal of Clinical Sleep Medicine</i> , 2020, 16, 2047-2062.	2.6	23
44	Disease symptomatology and response to treatment in people with idiopathic hypersomnia: initial data from the Hypersomnia Foundation registry. <i>Sleep Medicine</i> , 2020, 75, 343-349.	1.6	23
45	Mindfulness and nocturnal rumination are independently associated with symptoms of insomnia and depression during pregnancy. <i>Sleep Health</i> , 2020, 6, 185-191.	2.5	23
46	Maternal subjective sleep quality and nighttime infant care. <i>Journal of Reproductive and Infant Psychology</i> , 2010, 28, 384-391.	1.8	22
47	Promoting Mindfulness in African American Communities. <i>Mindfulness</i> , 2020, 11, 2274-2282.	2.8	21
48	Effects of Web-Based Group Mindfulness Training on Stress and Sleep Quality in Singapore During the COVID-19 Pandemic: Retrospective Equivalence Analysis. <i>JMIR Mental Health</i> , 2021, 8, e21757.	3.3	20
49	Pain coping strategies for tension-type headache: possible implications for insomnia?. <i>Journal of Clinical Sleep Medicine</i> , 2009, 5, 52-6.	2.6	18
50	Characterization of Patients Who Present With Insomnia: Is There Room for a Symptom Cluster-Based Approach?. <i>Journal of Clinical Sleep Medicine</i> , 2017, 13, 911-921.	2.6	17
51	Delivering Cognitive Behavioral Therapy for Insomnia in the Real World. <i>Sleep Medicine Clinics</i> , 2019, 14, 275-281.	2.6	16
52	Mindfulness-based therapy for insomnia for older adults with sleep difficulties: a randomized clinical trial. <i>Psychological Medicine</i> , 2023, 53, 1038-1048.	4.5	14
53	Third-Wave Therapies for Insomnia. <i>Current Sleep Medicine Reports</i> , 2015, 1, 166-176.	1.4	12
54	Feasibility and Preliminary Efficacy of a Bright Light Intervention in Ovarian and Endometrial Cancer Survivors. <i>International Journal of Behavioral Medicine</i> , 2021, 28, 83-95.	1.7	12

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55	Mindfulness-based therapy for insomnia.. , 2017, , .		12
56	Bereavement, Self-Reported Sleep Disturbances, and Inflammation: Results From Project HEART. Psychosomatic Medicine, 2019, 81, 67-73.	2.0	10
57	Associations between sleep disturbances, diabetes and mortality in the UK Biobank cohort: A prospective population-based study. Journal of Sleep Research, 2021, 30, e13392.	3.2	10
58	Development of a lifestyle intervention for the metabolic syndrome: Discovery through proof-of-concept.. Health Psychology, 2018, 37, 929-939.	1.6	10
59	Being kind to self is being kind to sleep? A structural equation modelling approach evaluating the direct and indirect associations of self-compassion with sleep quality, emotional distress and mental well-being. Current Psychology, 2023, 42, 14092-14105.	2.8	10
60	Examining the Variability of Sleep Patterns during Treatment for Chronic Insomnia: Application of a Location-Scale Mixed Model. Journal of Clinical Sleep Medicine, 2016, 12, 797-804.	2.6	8
61	How Does Narcolepsy Impact Health-Related Quality of Life? A Mixed-Methods Study. Behavioral Sleep Medicine, 2021, 19, 145-158.	2.1	8
62	A randomized controlled trial of cognitive behavioral therapy for insomnia and PAP for obstructive sleep apnea and comorbid insomnia: effects on nocturnal sleep and daytime performance. Journal of Clinical Sleep Medicine, 2022, 18, 789-800.	2.6	6
63	A brief neuropsychological protocol for assessing patients with Parkinson's disease. NeuroRehabilitation, 2005, 20, 191-203.	1.3	5
64	0379 A Randomized Controlled Trial Of CBT-I and CPAP For Comorbid Insomnia and OSA: Initial Findings from the MATRICS Study. Sleep, 2019, 42, A154-A154.	1.1	4
65	Dissociable changes in sleep architecture with mindfulness and sleep hygiene intervention in older adults: Secondary and exploratory analysis of polysomnography data from the Mindfulness Sleep Therapy (MIST) trial. Sleep Health, 2022, 8, 364-372.	2.5	4
66	A Concept Map of Behavioral Sleep Medicine: Defining the Scope of the Field and Strategic Priorities. Behavioral Sleep Medicine, 2018, 16, 523-526.	2.1	3
67	Mindfulness and Behaviour Therapy for Insomnia: An Assessment of Treatment Effect in a Sleep Disorders Clinic Population with Insomnia. Behaviour Change, 2021, 38, 25-39.	1.3	3
68	A Micro-Longitudinal Study of Naps, Sleep Disturbance, and Headache Severity in Women with Chronic Migraine. Behavioral Sleep Medicine, 2023, 21, 117-128.	2.1	3
69	Understanding eCBT-I â€“ Knowing is half the battle. Sleep Medicine Reviews, 2016, 30, 83-84.	8.5	2
70	Waking rest: a game changer or a name changer?. Sleep, 2019, 42, .	1.1	1
71	Nocturnal cognitive arousal: evidence for 24-h hyperarousal?. Sleep Medicine, 2020, 71, 149-150.	1.6	1
72	Adjunctive and alternative treatment of insomnia. , 2023, , 181-187.		1

#	ARTICLE	IF	CITATIONS
73	Optimizing a Behavioral Sleep Intervention for Gynecologic Cancer Survivors: Study Design and Protocol. <i>Frontiers in Neuroscience</i> , 2022, 16, 818718.	2.8	1
74	Cognitive and Behavioral Therapies for Insomnia: Who Is It for? What's New? Where Do We Go from Here?. <i>Sleep Medicine Clinics</i> , 2019, 14, xiii-xiv.	2.6	0
75	0624 Addressing the Psychosocial Aspects of Narcolepsy: A Mixed-Methods Study. <i>Sleep</i> , 2019, 42, A248-A249.	1.1	0
76	Optimizing Behavioral Sleep Strategies. <i>CONTINUUM Lifelong Learning in Neurology</i> , 2020, 26, 1075-1081.	0.8	0
77	Insomnia: Evaluation and Therapeutic Modalities. <i>Current Clinical Neurology</i> , 2020, , 141-157.	0.2	0
78	CBT-I for patients with hypersomnia disorders. , 2022, , 115-133.		0