

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	Adjunctive and alternative treatment of insomnia. , 2023, , 181-187.		1
2	Mindfulness-based therapy for insomnia for older adults with sleep difficulties: a randomized clinical trial. Psychological Medicine, 2023, 53, 1038-1048.	4.5	14
3	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
4	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
5	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
6	CBT-I for patients with hypersomnia disorders. , 2022, , 115-133.		0
7	Optimizing a Behavioral Sleep Intervention for Gynecologic Cancer Survivors: Study Design and Protocol. Frontiers in Neuroscience, 2022, 16, 818718.	2.8	1
8	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
9	How Does Narcolepsy Impact Health-Related Quality of Life? A Mixed-Methods Study. Behavioral Sleep Medicine, 2021, 19, 145-158.	2.1	8
10	Feasibility and Preliminary Efficacy of a Bright Light Intervention in Ovarian and Endometrial Cancer Survivors. International Journal of Behavioral Medicine, 2021, 28, 83-95.	1.7	12
11	Sleep Apnea and Insomnia. Chest, 2021, 159, 2020-2028.	0.8	42
12	Autonomic dysregulation and sleep homeostasis in insomnia. Sleep, 2021, 44, .	1.1	24
13	Effects of Web-Based Group Mindfulness Training on Stress and Sleep Quality in Singapore During the COVID-19 Pandemic: Retrospective Equivalence Analysis. JMIR Mental Health, 2021, 8, e21757.	3.3	20
14	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
15	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
16	What do we really know about mindfulness and sleep health?. Current Opinion in Psychology, 2020, 34, 18-22.	4.9	29
17	Depression and suicidal ideation in pregnancy: exploring relationships with insomnia, short sleep, and nocturnal rumination. Sleep Medicine, 2020, 65, 62-73.	1.6	58
18	Nocturnal cognitive arousal: evidence for 24-h hyperarousal?. Sleep Medicine, 2020, 71, 149-150.	1.6	1

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19	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
20	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
21	Promoting Mindfulness in African American Communities. <i>Mindfulness</i> , 2020, 11, 2274-2282.	2.8	21
22	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
23	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
24	Digital Cognitive Behavioral Therapy for Insomnia in Women With Chronic Migraines. <i>Headache</i> , 2020, 60, 902-915.	3.9	24
25	Optimizing Behavioral Sleep Strategies. <i>CONTINUUM Lifelong Learning in Neurology</i> , 2020, 26, 1075-1081.	0.8	0
26	Insomnia: Evaluation and Therapeutic Modalities. <i>Current Clinical Neurology</i> , 2020, , 141-157.	0.2	0
27	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
28	Delivering Cognitive Behavioral Therapy for Insomnia in the Real World. <i>Sleep Medicine Clinics</i> , 2019, 14, 275-281.	2.6	16
29	Waking rest: a game changer or a name changer?. <i>Sleep</i> , 2019, 42, .	1.1	1
30	0379 A Randomized Controlled Trial Of CBT-I and CPAP For Comorbid Insomnia and OSA: Initial Findings from the MATRICS Study. <i>Sleep</i> , 2019, 42, A154-A154.	1.1	4
31	0624 Addressing the Psychosocial Aspects of Narcolepsy: A Mixed-Methods Study. <i>Sleep</i> , 2019, 42, A248-A249.	1.1	0
32	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
33	Bereavement, Self-Reported Sleep Disturbances, and Inflammation: Results From Project HEART. <i>Psychosomatic Medicine</i> , 2019, 81, 67-73.	2.0	10
34	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
35	Can Circadian Dysregulation Exacerbate Migraines?. <i>Headache</i> , 2018, 58, 1040-1051.	3.9	33
36	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

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37	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
38	Development of a lifestyle intervention for the metabolic syndrome: Discovery through proof-of-concept.. Health Psychology, 2018, 37, 929-939.	1.6	10
39	Management of Obstructive Sleep Apnea and Comorbid Insomnia: A Mixed-Methods Evaluation. Behavioral Sleep Medicine, 2017, 15, 180-197.	2.1	26
40	Behavioral Sleep Medicine Services for Hypersomnia Disorders: A Survey Study. Behavioral Sleep Medicine, 2017, 15, 158-171.	2.1	32
41	The mediating role of sleep-related metacognitive processes in trait and pre-sleep state hyperarousal in insomnia disorder. Journal of Psychosomatic Research, 2017, 99, 59-65.	2.6	23
42	Using Mindfulness for the Treatment of Insomnia. Current Sleep Medicine Reports, 2017, 3, 57-65.	1.4	38
43	Risk of obstructive sleep apnea in African American patients with chronic rhinosinusitis. Annals of Allergy, Asthma and Immunology, 2017, 118, 685-688.e1.	1.0	29
44	Morning Versus Evening Bright Light Treatment at Home to Improve Function and Pain Sensitivity for Women with Fibromyalgia: A Pilot Study. Pain Medicine, 2017, 18, 116-123.	1.9	23
45	Characterization of Patients Who Present With Insomnia: Is There Room for a Symptom Cluster-Based Approach?. Journal of Clinical Sleep Medicine, 2017, 13, 911-921.	2.6	17
46	Mindfulness-based therapy for insomnia.. , 2017, , .		12
47	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
48	Understanding eCBT-I â€“ Knowing is half the battle. Sleep Medicine Reviews, 2016, 30, 83-84.	8.5	2
49	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. Trials, 2016, 17, 257.	1.6	32
50	Evaluating the treatment of obstructive sleep apnea comorbid with insomnia disorder using an incomplete factorial design. Contemporary Clinical Trials, 2016, 47, 146-152.	1.8	26
51	Quality Measures for the Care of Patients with Insomnia. Journal of Clinical Sleep Medicine, 2015, 11, 311-334.	2.6	40
52	Chronotype and Improved Sleep Efficiency Independently Predict Depressive Symptom Reduction after Group Cognitive Behavioral Therapy for Insomnia. Journal of Clinical Sleep Medicine, 2015, 11, 1021-1027.	2.6	49
53	Cognitive Behavioral Therapy for Insomnia Comorbid With Psychiatric and Medical Conditions. JAMA Internal Medicine, 2015, 175, 1461.	5.1	408
54	Third-Wave Therapies for Insomnia. Current Sleep Medicine Reports, 2015, 1, 166-176.	1.4	12

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55	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
56	A Randomized Controlled Trial of Mindfulness Meditation for Chronic Insomnia. <i>Sleep</i> , 2014, 37, 1553-1563.	1.1	243
57	Worried sleep: 24-h monitoring in high and low worriers. <i>Biological Psychology</i> , 2013, 94, 61-70.	2.2	47
58	Insomnia and Obstructive Sleep Apnea. <i>Sleep Medicine Clinics</i> , 2013, 8, 389-398.	2.6	62
59	Gender and cognitive-emotional 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
60	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
61	Chronic headaches and insomnia: Working toward a biobehavioral model. <i>Cephalalgia</i> , 2012, 32, 1059-1070.	3.9	58
62	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
63	Improving sleep with mindfulness and acceptance: A metacognitive model of insomnia. <i>Behaviour Research and Therapy</i> , 2012, 50, 651-660.	3.1	254
64	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
65	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
66	A mindfulness-based approach to the treatment of insomnia. <i>Journal of Clinical Psychology</i> , 2010, 66, 1175-1184.	1.9	86
67	Maternal subjective sleep quality and nighttime infant care. <i>Journal of Reproductive and Infant Psychology</i> , 2010, 28, 384-391.	1.8	22
68	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
69	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
70	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
71	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
72	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

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73	Pain coping strategies for tension-type headache: possible implications for insomnia?. Journal of Clinical Sleep Medicine, 2009, 5, 52-6.	2.6	18
74	Combining Mindfulness Meditation with Cognitive-Behavior Therapy for Insomnia: A Treatment-Development Study. Behavior Therapy, 2008, 39, 171-182.	2.4	216
75	Who is at risk for dropout from group cognitive-behavior therapy for insomnia?. Journal of Psychosomatic Research, 2008, 64, 419-425.	2.6	135
76	Characteristics of Insomniacs with Self-Reported Morning and Evening Chronotypes. Journal of Clinical Sleep Medicine, 2007, 03, 289-294.	2.6	103
77	Characteristics of insomniacs with self-reported morning and evening chronotypes. Journal of Clinical Sleep Medicine, 2007, 3, 289-94.	2.6	36
78	A brief neuropsychological protocol for assessing patients with Parkinson's disease. NeuroRehabilitation, 2005, 20, 191-203.	1.3	5