

# Pandi-Perumal Seithikurippu Ratnas

## List of Publications by Year in descending order

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Version: 2024-02-01

240  
papers

12,231  
citations

26630

56  
h-index

31849

101  
g-index

264  
all docs

264  
docs citations

264  
times ranked

12589  
citing authors

#	ARTICLE	IF	CITATIONS
1	Melatonin. FEBS Journal, 2006, 273, 2813-2838.	4.7	760
2	Melatoninâ€”A pleiotropic, orchestrating regulator molecule. Progress in Neurobiology, 2011, 93, 350-384.	5.7	680
3	Physiological effects of melatonin: Role of melatonin receptors and signal transduction pathways. Progress in Neurobiology, 2008, 85, 335-353.	5.7	625
4	The Global Problem of Insufficient Sleep and Its Serious Public Health Implications. Healthcare (Switzerland), 2019, 7, 1.	2.0	368
5	Melatonin. International Journal of Biochemistry and Cell Biology, 2006, 38, 313-316.	2.8	334
6	Melatonin and sleep in aging population. Experimental Gerontology, 2005, 40, 911-925.	2.8	330
7	Dim light melatonin onset (DLMO): A tool for the analysis of circadian phase in human sleep and chronobiological disorders. Progress in Neuro-Psychopharmacology and Biological Psychiatry, 2007, 31, 1-11.	4.8	307
8	Melatonin Antioxidative Defense: Therapeutical Implications for Aging and Neurodegenerative Processes. Neurotoxicity Research, 2013, 23, 267-300.	2.7	255
9	Global, regional, and national progress towards Sustainable Development Goal 3.2 for neonatal and child health: all-cause and cause-specific mortality findings from the Global Burden of Disease Study 2019. Lancet, The, 2021, 398, 870-905.	13.7	229
10	Melatonin in mood disorders. World Journal of Biological Psychiatry, 2006, 7, 138-151.	2.6	228
11	Melatonin, a potent agent in antioxidative defense: actions as a natural food constituent, gastrointestinal factor, drug and prodrug. Nutrition and Metabolism, 2005, 2, 22.	3.0	201
12	Role of melatonin in neurodegenerative diseases. Neurotoxicity Research, 2005, 7, 293-318.	2.7	195
13	Melatonin, immune function and aging. Immunity and Ageing, 2005, 2, 17.	4.2	187
14	Melatonin in Alzheimer's disease and other neurodegenerative disorders. Behavioral and Brain Functions, 2006, 2, 15.	3.3	174
15	Therapeutic Actions of Melatonin in Cancer: Possible Mechanisms. Integrative Cancer Therapies, 2008, 7, 189-203.	2.0	167
16	The role of melatonin in immunoâ€”enhancement: potential application in cancer. International Journal of Experimental Pathology, 2006, 87, 81-87.	1.3	159
17	Strategy for COVID-19 vaccination in India: the country with the second highest population and number of cases. Npj Vaccines, 2021, 6, 60.	6.0	154
18	Sleep disturbances during the COVID-19 pandemic: A systematic review, meta-analysis, and meta-regression. Sleep Medicine Reviews, 2022, 62, 101591.	8.5	154

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19	Role of the Melatonin System in the Control of Sleep. <i>CNS Drugs</i> , 2007, 21, 995-1018.	5.9	144
20	Melatonin and brain inflammaging. <i>Progress in Neurobiology</i> , 2015, 127-128, 46-63.	5.7	144
21	Physical activity and sleep quality in relation to mental health among college students. <i>Sleep and Breathing</i> , 2019, 23, 627-634.	1.7	144
22	Melatonin and Melatonergic Drugs on Sleep: Possible Mechanisms of Action. <i>International Journal of Neuroscience</i> , 2009, 119, 821-846.	1.6	139
23	Senescence, sleep, and circadian rhythms. <i>Ageing Research Reviews</i> , 2002, 1, 559-604.	10.9	128
24	Melatonin and the Immune System in Aging. <i>NeuroImmunoModulation</i> , 2008, 15, 272-278.	1.8	124
25	Pathophysiology of depression: Role of sleep and the melatonergic system. <i>Psychiatry Research</i> , 2009, 165, 201-214.	3.3	121
26	Sleep and circadian rhythm dysregulation in schizophrenia. <i>Progress in Neuro-Psychopharmacology and Biological Psychiatry</i> , 2013, 43, 209-216.	4.8	118
27	Dimensionality of the Pittsburgh Sleep Quality Index: a systematic review. <i>Health and Quality of Life Outcomes</i> , 2018, 16, 89.	2.4	118
28	Clarifying the role of sleep in depression: A narrative review. <i>Psychiatry Research</i> , 2020, 291, 113239.	3.3	116
29	Measurement of melatonin in body fluids: Standards, protocols and procedures. <i>Child's Nervous System</i> , 2011, 27, 879-891.	1.1	111
30	The roles of melatonin and light in the pathophysiology and treatment of circadian rhythm sleep disorders. <i>Nature Clinical Practice Neurology</i> , 2008, 4, 436-447.	2.5	104
31	Potential use of melatonergic drugs in analgesia: Mechanisms of action. <i>Brain Research Bulletin</i> , 2010, 81, 362-371.	3.0	102
32	Bidirectional communication between sleep and circadian rhythms and its implications for depression: Lessons from agomelatine. <i>Progress in Neurobiology</i> , 2009, 88, 264-271.	5.7	96
33	Sleep disorders, sleepiness and traffic safety: a public health menace. <i>Brazilian Journal of Medical and Biological Research</i> , 2006, 39, 863-871.	1.5	93
34	Comorbid depression in obstructive sleep apnea: an under-recognized association. <i>Sleep and Breathing</i> , 2016, 20, 447-456.	1.7	92
35	Immunomodulation by Melatonin: Its Significance for Seasonally Occurring Diseases. <i>NeuroImmunoModulation</i> , 2008, 15, 93-101.	1.8	91
36	Melatonin and human reproduction: Shedding light on the darkness hormone. <i>Gynecological Endocrinology</i> , 2009, 25, 779-785.	1.7	90

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37	Sleep insufficiency and the natural environment: Results from the US Behavioral Risk Factor Surveillance System survey. <i>Preventive Medicine</i> , 2015, 78, 78-84.	3.4	90
38	Jet lag, circadian rhythm sleep disturbances, and depression: the role of melatonin and its analogs. <i>Advances in Therapy</i> , 2010, 27, 796-813.	2.9	88
39	Melatonin, Immune Function and Cancer. <i>Recent Patents on Endocrine, Metabolic &amp; Immune Drug Discovery</i> , 2011, 5, 109-123.	0.6	88
40	Validation of the Pittsburgh sleep quality index in community dwelling Ethiopian adults. <i>Health and Quality of Life Outcomes</i> , 2017, 15, 58.	2.4	85
41	Validity of the Pittsburgh Sleep Quality Index in Indian University Students. <i>Oman Medical Journal</i> , 2015, 30, 193-202.	1.0	82
42	The effect of intermittent fasting during Ramadan on sleep, sleepiness, cognitive function, and circadian rhythm. <i>Sleep and Breathing</i> , 2017, 21, 577-586.	1.7	80
43	Therapeutic potential of melatonin and its analogs in Parkinson's disease: focus on sleep and neuroprotection. <i>Therapeutic Advances in Neurological Disorders</i> , 2011, 4, 297-317.	3.5	79
44	Melatonin in septic shock: Some recent concepts. <i>Journal of Critical Care</i> , 2010, 25, 656.e1-656.e6.	2.2	77
45	Drug Insight: the use of melatonergic agonists for the treatment of insomnia—focus on ramelteon. <i>Nature Clinical Practice Neurology</i> , 2007, 3, 221-228.	2.5	73
46	Restless legs syndrome and pregnancy: prevalence, possible pathophysiological mechanisms and treatment. <i>Acta Neurologica Scandinavica</i> , 2016, 133, 320-329.	2.1	73
47	Jet lag: Therapeutic use of melatonin and possible application of melatonin analogs. <i>Travel Medicine and Infectious Disease</i> , 2008, 6, 17-28.	3.0	70
48	Ramelteon: a review of its therapeutic potential in sleep disorders. <i>Advances in Therapy</i> , 2009, 26, 613-626.	2.9	70
49	Intermittent fasting during Ramadan: does it affect sleep?. <i>Journal of Sleep Research</i> , 2014, 23, 35-43.	3.2	70
50	Melatonergic Drugs in Clinical Practice. <i>Arzneimittelforschung</i> , 2008, 58, 1-10.	0.4	69
51	REM sleep reduction, mood regulation and remission in untreated depression. <i>Psychiatry Research</i> , 2003, 121, 159-167.	3.3	68
52	Obstructive sleep apnea: personal, societal, public health, and legal implications. <i>Reviews on Environmental Health</i> , 2019, 34, 153-169.	2.4	68
53	Melatonin and Human Cardiovascular Disease. <i>Journal of Cardiovascular Pharmacology and Therapeutics</i> , 2017, 22, 122-132.	2.0	65
54	Insufficient Sleep Syndrome: Is it time to classify it as a major noncommunicable disease?. <i>Sleep Science</i> , 2018, 11, 56-64.	1.0	65

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55	Melatonin as a therapeutic tool in ophthalmology: implications for glaucoma and uveitis. Journal of Pineal Research, 2010, 49, no-no.	7.4	64
56	Chronobiological theories of mood disorder. European Archives of Psychiatry and Clinical Neuroscience, 2018, 268, 107-118.	3.2	63
57	Melatonin treatment improves the antioxidant status and decreases lipid content in brain and liver of rats. European Journal of Pharmacology, 2007, 571, 116-119.	3.5	61
58	Melatonin in Mitochondrial Dysfunction and Related Disorders. International Journal of Alzheimer's Disease, 2011, 2011, 1-16.	2.0	60
59	Could agomelatine be the ideal antidepressant?. Expert Review of Neurotherapeutics, 2006, 6, 1595-1608.	2.8	58
60	Melatonin in the eye: Implications for glaucoma. Experimental Eye Research, 2007, 84, 1021-1030.	2.6	57
61	Prevention by melatonin of hepatocarcinogenesis in rats injected with N-nitrosodiethylamine. Journal of Pineal Research, 2007, 43, 305-312.	7.4	57
62	Can Melatonin Be a Potential "Silver Bullet" in Treating COVID-19 Patients?. Diseases (Basel), Tj ETQq0 0 0 rgBT /Overlock 10 Tf 50	2.5	55
63	Does melatonin play a disease-promoting role in rheumatoid arthritis?. Journal of Neuroimmunology, 2005, 158, 106-111.	2.3	54
64	Malaria: therapeutic implications of melatonin. Journal of Pineal Research, 2010, 48, 1-8.	7.4	53
65	Role of melatonin in the eye and ocular dysfunctions. Visual Neuroscience, 2006, 23, 853-862.	1.0	52
66	Objective assessment of drowsiness and reaction time during intermittent Ramadan fasting in young men: a case-crossover study. Behavioral and Brain Functions, 2013, 9, 32.	3.3	52
67	Psychometric properties of the perceived stress scale in Ethiopian university students. BMC Public Health, 2019, 19, 41.	2.9	52
68	Melatonin agonists in primary insomnia and depression-associated insomnia: Are they superior to sedative-hypnotics?. Progress in Neuro-Psychopharmacology and Biological Psychiatry, 2011, 35, 913-923.	4.8	50
69	Gender differences in patients with obesity hypoventilation syndrome. Journal of Sleep Research, 2016, 25, 445-453.	3.2	50
70	Circadian organization of the immune response: A role for melatonin. Clinical and Applied Immunology Reviews, 2004, 4, 423-433.	0.4	49
71	Sleep disorders as a cause of motor vehicle collisions. International Journal of Preventive Medicine, 2013, 4, 246-57.	0.4	49
72	Elderly as a High-risk Group during COVID-19 Pandemic: Effect of Circadian Misalignment, Sleep Dysregulation and Melatonin Administration. Sleep and Vigilance, 2020, 4, 81-87.	0.8	48

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73	Pharmacotherapy of Insomnia. <i>Journal of Central Nervous System Disease</i> , 2018, 10, 117957351877067.	1.9	45
74	COVID-Somnia: How the Pandemic Affects Sleep/Wake Regulation and How to Deal with it?. <i>Sleep and Vigilance</i> , 2020, 4, 51-53.	0.8	44
75	Melatonin, environmental light, and breast cancer. <i>Breast Cancer Research and Treatment</i> , 2008, 108, 339-350.	2.5	43
76	Melatonin and its relevance to jet lag. <i>Travel Medicine and Infectious Disease</i> , 2009, 7, 69-81.	3.0	43
77	Melatonin and Its Agonist Ramelteon in Alzheimer's Disease: Possible Therapeutic Value. <i>International Journal of Alzheimer's Disease</i> , 2011, 2011, 1-15.	2.0	41
78	The Interlinked Rising Epidemic of Insufficient Sleep and Diabetes Mellitus. <i>Healthcare (Switzerland)</i> , 2019, 7, 37.	2.0	41
79	Addressing psychological resilience during the coronavirus disease 2019 pandemic: a rapid review. <i>Current Opinion in Psychiatry</i> , 2021, 34, 29-35.	6.3	41
80	Diurnal Intermittent Fasting during Ramadan: The Effects on Leptin and Ghrelin Levels. <i>PLoS ONE</i> , 2014, 9, e92214.	2.5	41
81	Cognitive behavioral treatment for narcolepsy: can it complement pharmacotherapy?. <i>Sleep Science</i> , 2014, 7, 30-42.	1.0	40
82	Association of Per3 length polymorphism with bipolar I disorder and schizophrenia. <i>Neuropsychiatric Disease and Treatment</i> , 2014, 10, 2325.	2.2	38
83	Zopiclone as Positive Control in Studies Examining the Residual Effects of Hypnotic Drugs on Driving Ability. <i>Current Drug Safety</i> , 2011, 6, 209-218.	0.6	36
84	Zolpidem's use for insomnia. <i>Asian Journal of Psychiatry</i> , 2017, 25, 79-90.	2.0	36
85	Interrelationships Between Nocturnal Sleep, Daytime Alertness, and Sleepiness. <i>Journal of Neuropsychiatry and Clinical Neurosciences</i> , 2000, 12, 86-90.	1.8	35
86	Project Stakeholder Management in the Clinical Research Environment: How to Do it Right. <i>Frontiers in Psychiatry</i> , 2015, 6, 71.	2.6	34
87	Some implications of melatonin use in chronopharmacology of insomnia. <i>European Journal of Pharmacology</i> , 2015, 762, 42-48.	3.5	34
88	Sleep, Melatonin, and the Menopausal Transition: What Are the Links?. <i>Sleep Science</i> , 2017, 10, 11-18.	1.0	33
89	The prevalence of pulmonary hypertension in patients with obesity hypoventilation syndrome: a prospective observational study. <i>Journal of Thoracic Disease</i> , 2017, 9, 779-788.	1.4	33
90	Sleep and Quality of Life in Clinical Medicine. , 2008, , .		32

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91	Melatonin, the Hormone of Darkness: From Sleep Promotion to Ebola Treatment. <i>Brain Disorders &amp; Therapy</i> , 2015, 04, .	0.1	32
92	Hypersomnolence and Traffic Safety. <i>Sleep Medicine Clinics</i> , 2017, 12, 489-499.	2.6	32
93	Sirtuins and the circadian clock interplay in cardioprotection: focus on sirtuin 1. <i>Cellular and Molecular Life Sciences</i> , 2021, 78, 2503-2515.	5.4	32
94	Subnational mapping of HIV incidence and mortality among individuals aged 15–49 years in sub-Saharan Africa, 2000–18: a modelling study. <i>Lancet HIV</i> , 2021, 8, e363-e375.	4.7	32
95	Effects of Melatonin and Epiphyseal Proteins on Fluoride-Induced Adverse Changes in Antioxidant Status of Heart, Liver, and Kidney of Rats. <i>Advances in Pharmacological Sciences</i> , 2014, 2014, 1-6.	3.7	31
96	The correlation between oxygen saturation indices and the standard obstructive sleep apnea severity. <i>Annals of Thoracic Medicine</i> , 2020, 15, 70.	1.8	31
97	Factor scoring models of the Pittsburgh Sleep Quality Index: a comparative confirmatory factor analysis. <i>Biological Rhythm Research</i> , 2016, 47, 851-864.	0.9	29
98	Should we listen to our clock to prevent type 2 diabetes mellitus?. <i>Diabetes Research and Clinical Practice</i> , 2014, 106, 182-190.	2.8	28
99	Dimensionality of the Pittsburgh Sleep Quality Index in the young collegiate adults. <i>SpringerPlus</i> , 2016, 5, 1550.	1.2	28
100	Drugs, Driving and Traffic Safety. , 2009, , .		27
101	Sleep in space as a new medical frontier: the challenge of preserving normal sleep in the abnormal environment of space missions. <i>Sleep Science</i> , 2016, 9, 1-4.	1.0	26
102	Psychometric properties of the Epworth sleepiness scale in Ethiopian university students. <i>Health and Quality of Life Outcomes</i> , 2019, 17, 30.	2.4	26
103	<i>Per3</i> length polymorphism in patients with type 2 diabetes mellitus. <i>Hormone Molecular Biology and Clinical Investigation</i> , 2014, 18, 145-149.	0.7	25
104	Choosing the Proper Interface for Positive Airway Pressure Therapy in Subjects With Acute Respiratory Failure. <i>Respiratory Care</i> , 2018, 63, 227-237.	1.6	25
105	Prevalence of poor sleep quality in the Ethiopian population: a systematic review and meta-analysis. <i>Sleep and Breathing</i> , 2020, 24, 709-716.	1.7	25
106	24-Hour rhythms in oxidative stress during hepatocarcinogenesis in rats: effect of melatonin or $\beta$ -ketoglutarate. <i>Redox Report</i> , 2008, 13, 78-86.	4.5	24
107	Prevalence of sleep-related accidents among drivers in Saudi Arabia. <i>Annals of Thoracic Medicine</i> , 2014, 9, 236.	1.8	24
108	Daily activity patterns of 2316 men and women from five countries differing in socioeconomic development. <i>Chronobiology International</i> , 2015, 32, 650-656.	2.0	24

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109	Do Disparities in Sleep Duration Among Racial and Ethnic Minorities Contribute to Differences in Disease Prevalence?. <i>Journal of Racial and Ethnic Health Disparities</i> , 2019, 6, 1053-1061.	3.2	24
110	Sleep Disorders in Postmenopausal Women. , 2015, 4, .		24
111	Linking emotional distress to unhealthy sleep duration: analysis of the 2009 National Health Interview Survey. <i>Neuropsychiatric Disease and Treatment</i> , 2015, 11, 2425.	2.2	23
112	Association of Sleep Duration with Stroke in Diabetic Patients: Analysis of the National Health Interview Survey. <i>Journal of Stroke and Cerebrovascular Diseases</i> , 2016, 25, 650-655.	1.6	23
113	Racial/Ethnic and Social Inequities in Sleep Medicine: The Tip of the Iceberg?. <i>Journal of the National Medical Association</i> , 2017, 109, 279-286.	0.8	22
114	Sleep correlates of substance use in community-dwelling Ethiopian adults. <i>Sleep and Breathing</i> , 2017, 21, 1005-1011.	1.7	22
115	Chronotherapy. <i>Handbook of Clinical Neurology</i> / Edited By P J Vinken and G W Bruyn, 2021, 179, 357-370.	1.8	22
116	Intermittent Fasting, Insufficient Sleep, and Circadian Rhythm: Interaction and Effects on the Cardiometabolic System. <i>Current Sleep Medicine Reports</i> , 2018, 4, 179-195.	1.4	20
117	Prevalence and Predictors of Ocular Complications in Obstructive Sleep Apnea Patients: A Cross-sectional Case-control Study. <i>Open Respiratory Medicine Journal</i> , 2019, 13, 19-30.	0.4	20
118	Association between visual impairment and sleep duration: analysis of the 2009 National Health Interview Survey (NHIS). <i>BMC Ophthalmology</i> , 2014, 14, 115.	1.4	19
119	Melatonin, Clock Genes, and Mammalian Reproduction: What Is the Link?. <i>International Journal of Molecular Sciences</i> , 2021, 22, 13240.	4.1	19
120	Pharmacotherapy of Insomnia with Ramelteon: Safety, Efficacy and Clinical Applications. <i>Journal of Central Nervous System Disease</i> , 2011, 3, JCNSD.S1611.	1.9	18
121	Sleep as a Mediator in the Pathway Linking Environmental Factors to Hypertension: A Review of the Literature. <i>International Journal of Hypertension</i> , 2015, 2015, 1-15.	1.3	18
122	Associations between sleep disturbances and diabetes mellitus among blacks with metabolic syndrome: Results from the Metabolic Syndrome Outcome Study (MetSO). <i>Annals of Medicine</i> , 2015, 47, 233-237.	3.8	18
123	The effect of melatonergic and non-melatonergic antidepressants on sleep: weighing the alternatives. <i>World Journal of Biological Psychiatry</i> , 2009, 10, 342-354.	2.6	17
124	When insomnia is not just insomnia: The deeper correlates of disturbed sleep with reference to DSM-5. <i>Asian Journal of Psychiatry</i> , 2014, 12, 23-30.	2.0	17
125	Validation of the adapted Leeds sleep evaluation questionnaire in Ethiopian university students. <i>Health and Quality of Life Outcomes</i> , 2018, 16, 49.	2.4	17
126	Efficacy of vitamin D replacement therapy in restless legs syndrome: a randomized control trial. <i>Sleep and Breathing</i> , 2019, 23, 595-601.	1.7	17



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127	Insomnia May Mediate the Relationship Between Stress and Anxiety: A Cross-Sectional Study in University Students. <i>Nature and Science of Sleep</i> , 2021, Volume 13, 31-38.	2.7	17
128	Sleep architecture of consolidated and split sleep due to the dawn (Fajr) prayer among Muslims and its impact on daytime sleepiness. <i>Annals of Thoracic Medicine</i> , 2012, 7, 36.	1.8	16
129	Chronotherapeutics: Recognizing the Importance of Timing Factors in the Treatment of Disease and Sleep Disorders. <i>Clinical Neuropharmacology</i> , 2019, 42, 80-87.	0.7	16
130	&lt;p&gt;Depressive Symptoms, Sleep Profiles and Serum Melatonin Levels in a Sample of Breast Cancer Patients&lt;/p&gt;. <i>Nature and Science of Sleep</i> , 2020, Volume 12, 135-149.	2.7	16
131	Sleep disturbances and memory impairment among pregnant women consuming khat: An under-recognized problem. <i>Annals of Thoracic Medicine</i> , 2017, 12, 247.	1.8	16
132	The Origin and Clinical Relevance of Yoga Nidra. <i>Sleep and Vigilance</i> , 2022, 6, 61-84.	0.8	16
133	The association of BDNF gene polymorphism with cognitive impairment in insomnia patients. <i>Progress in Neuro-Psychopharmacology and Biological Psychiatry</i> , 2019, 88, 253-264.	4.8	15
134	Autism Spectrum Disorder patients may be susceptible to COVID-19 disease due to deficiency in melatonin. <i>Medical Hypotheses</i> , 2021, 149, 110544.	1.5	15
135	Energy imbalance: obesity, associated comorbidities, prevention, management and public health implications. <i>Advances in Obesity Weight Management &amp; Control</i> , 2020, 10, 146-161.	0.2	15
136	The effect of Ramadan intermittent fasting on lipid peroxidation in healthy young men while controlling for diet and sleep: A pilot study. <i>Annals of Thoracic Medicine</i> , 2016, 11, 43.	1.8	15
137	Treating insomnia with medications. <i>Sleep Science and Practice</i> , 2018, 2, .	1.3	14
138	Psychometric properties of the Insomnia Severity Index in Ethiopian adults with substance use problems. <i>Journal of Ethnicity in Substance Abuse</i> , 2020, 19, 238-252.	0.9	14
139	Melatonin in Circadian Rhythm Sleep Disorders. , 2006, , 269-294.		13
140	Understanding the role of sleep and its disturbances in Autism spectrum disorder. <i>International Journal of Neuroscience</i> , 2020, 130, 1033-1046.	1.6	13
141	&lt;p&gt;Insomnia Symptoms and Their Association with Anxiety and Poor Sleep Hygiene Practices Among Ethiopian University Students&lt;/p&gt;. <i>Nature and Science of Sleep</i> , 2020, Volume 12, 575-582.	2.7	13
142	Prevalence and Predictors of Arrhythmia in Patients with Obstructive Sleep Apnea. <i>Sleep Science</i> , 2017, 10, 142-146.	1.0	13
143	Melatonin and its receptors: biological function in circadian sleep&quot;wake regulation. , 0, , 283-314.		12
144	Electrolyte imbalance and sleep problems during anti-retroviral therapy: an under-recognized problem. <i>Sleep Science</i> , 2017, 10, 64-67.	1.0	12

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145	Poor sleep in concurrent users of alcohol, khat, and tobacco smoking in community-dwelling Ethiopian adults. <i>Annals of Thoracic Medicine</i> , 2018, 13, 220.	1.8	12
146	The Mizan meta-memory and meta-concentration scale for students (MMSS): a test of its psychometric validity in a sample of university students. <i>BMC Psychology</i> , 2018, 6, 59.	2.1	11
147	SARS-CoV-2 Infection: Paving Way for Sleep Disorders in Long Term!. <i>Sleep and Vigilance</i> , 2021, 5, 1-2.	0.8	11
148	Association between sleep quality and inflammatory complement components in collegiate males. <i>Sleep and Breathing</i> , 2016, 20, 867-872.	1.7	10
149	Prevalence of Obstructive Sleep Apnea Among Saudi Pilots. <i>Nature and Science of Sleep</i> , 2021, Volume 13, 537-545.	2.7	10
150	An urgent proposal for the immediate use of melatonin as an adjuvant to anti- SARS-CoV-2 vaccination. <i>Melatonin Research</i> , 2021, 4, 206-212.	1.1	10
151	Medieval Islamic scholarship and writings on sleep and dreams. <i>Annals of Thoracic Medicine</i> , 2018, 13, 72.	1.8	10
152	Coadministration of Melatonin and Insulin Improves Diabetes-Induced Impairment of Rat Kidney Function. <i>Neuroendocrinology</i> , 2022, 112, 807-822.	2.5	10
153	Timing is everything: Circadian rhythms and their role in the control of sleep. <i>Frontiers in Neuroendocrinology</i> , 2022, 66, 100978.	5.2	10
154	Pharmacotherapy of Insomnia: Focus on Zolpidem Extended Release. <i>Clinical Medicine Therapeutics</i> , 2009, 1, CMT.S2040.	0.1	9
155	Psychometric properties of the severity of the dependence scale for Khat (SDS-Khat) in polysubstance users. <i>BMC Psychiatry</i> , 2018, 18, 343.	2.6	9
156	Psychometric Properties of the Athens Insomnia Scale in Occupational Computer Users. <i>Healthcare (Switzerland)</i> , 2020, 8, 89.	2.0	9
157	Anxiety Symptoms Are Associated With Higher Psychological Stress, Poor Sleep, and Inadequate Sleep Hygiene in Collegiate Young Adults—A Cross-Sectional Study. <i>Frontiers in Psychiatry</i> , 2021, 12, 677136.	2.6	9
158	The Role of Osteoprotegerin as a Cardioprotective Versus Reactive Inflammatory Marker: the Chicken or the Egg Paradox. <i>Balkan Medical Journal</i> , 2018, 35, 225-232.	0.8	9
159	Great challenges to sleep medicine: problems and paradigms. <i>Frontiers in Neurology</i> , 2010, 1, 7.	2.4	8
160	Evidence for daily and weekly rhythmicity but not lunar or seasonal rhythmicity of physical activity in a large cohort of individuals from five different countries. <i>Annals of Medicine</i> , 2015, 47, 530-537.	3.8	8
161	Herding cats and other epic challenges: Creating meaningful stakeholder engagement in community mental health research. <i>Asian Journal of Psychiatry</i> , 2019, 42, 19-21.	2.0	8
162	Relationship Between Melatonin and Cardiovascular Disease. <i>Cureus</i> , 2021, 13, e12935.	0.5	8

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163	“Distant socializing,” not “social distancing” as a public health strategy for COVID-19. <i>Pathogens and Global Health</i> , 2021, 115, 357-364.	2.3	8
164	Melatonin as an Add-On Treatment of COVID-19 Infection: Current Status. <i>Diseases (Basel)</i> , 2021, 11, 507-512.	2.5	8
165	Neuroimmunology of Sleep. , 2007, , .		8
166	Rapid Eye Movement Sleep. , 2011, , .		8
167	Therapeutic potential of melatonin agonists. <i>Expert Review of Endocrinology and Metabolism</i> , 2008, 3, 269-279.	2.4	7
168	Cerebral Epiphyseal Proteins and Melatonin Modulate the Hepatic and Renal Antioxidant Defense of Rats. <i>International Journal of Nephrology</i> , 2011, 2011, 1-5.	1.3	7
169	Sleep and circadian rhythms in health and disease: a complex interplay. <i>European Archives of Psychiatry and Clinical Neuroscience</i> , 2019, 269, 365-366.	3.2	7
170	Prevalence and Predictors of Neurocognitive Impairment in Ethiopian Population Living with HIV. <i>HIV/AIDS - Research and Palliative Care</i> , 2020, Volume 12, 559-572.	0.8	7
171	Low melatonin as a contributor to SARS-CoV-2 disease. <i>Melatonin Research</i> , 2020, 3, 558-576.	1.1	7
172	The contribution of modern 24-hour society to the development of type 2 diabetes mellitus: the role of insufficient sleep. <i>Sleep Science</i> , 2019, 12, 227-231.	1.0	7
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