

Simon D Kyle

List of Publications by Year in descending order

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Version: 2024-02-01

120
papers

7,467
citations

57758

44
h-index

62596

80
g-index

134
all docs

134
docs citations

134
times ranked

8009
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	Insomnia and health-related quality of life. <i>Sleep Medicine Reviews</i> , 2010, 14, 69-82.	8.5	407
3	Genome-wide association study identifies genetic loci for self-reported habitual sleep duration supported by accelerometer-derived estimates. <i>Nature Communications</i> , 2019, 10, 1100.	12.8	369
4	The Sleep Condition Indicator: a clinical screening tool to evaluate insomnia disorder. <i>BMJ Open</i> , 2014, 4, e004183.	1.9	305
5	Genome-wide association analyses of sleep disturbance traits identify new loci and highlight shared genetics with neuropsychiatric and metabolic traits. <i>Nature Genetics</i> , 2017, 49, 274-281.	21.4	280
6	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
7	Biological and clinical insights from genetics of insomnia symptoms. <i>Nature Genetics</i> , 2019, 51, 387-393.	21.4	250
8	Genome-wide association analysis identifies novel loci for chronotype in 100,420 individuals from the UK Biobank. <i>Nature Communications</i> , 2016, 7, 10889.	12.8	237
9	Social interactions, emotion and sleep: A systematic review and research agenda. <i>Sleep Medicine Reviews</i> , 2015, 24, 83-100.	8.5	169
10	Heart rate and heart rate variability in subjectively reported insomnia. <i>Journal of Sleep Research</i> , 2011, 20, 137-145.	3.2	159
11	Sleep Restriction Therapy for Insomnia is Associated with Reduced Objective Total Sleep Time, Increased Daytime Somnolence, and Objectively Impaired Vigilance: Implications for the Clinical Management of Insomnia Disorder. <i>Sleep</i> , 2014, 37, 229-237.	1.1	159
12	Cognitive behavioral therapy for insomnia: A meta-analysis of long-term effects in controlled studies. <i>Sleep Medicine Reviews</i> , 2019, 48, 101208.	8.5	158
13	Not Just a Minor Thing, It Is Something Major, Which Stops You From Functioning Daily: Quality of Life and Daytime Functioning in Insomnia. <i>Behavioral Sleep Medicine</i> , 2010, 8, 123-140.	2.1	155
14	The evidence base of sleep restriction therapy for treating insomnia disorder. <i>Sleep Medicine Reviews</i> , 2014, 18, 415-424.	8.5	153
15	No pain, no gain: An exploratory within-subjects mixed-methods evaluation of the patient experience of sleep restriction therapy (SRT) for insomnia. <i>Sleep Medicine</i> , 2011, 12, 735-747.	1.6	149
16	Short sleep duration and poor sleep quality predict next-day suicidal ideation: an ecological momentary assessment study. <i>Psychological Medicine</i> , 2019, 49, 403-411.	4.5	127
17	Genome-wide association analysis of self-reported daytime sleepiness identifies 42 loci that suggest biological subtypes. <i>Nature Communications</i> , 2019, 10, 3503.	12.8	117
18	The effectiveness of behavioural and cognitive behavioural therapies for insomnia on depressive and fatigue symptoms: A systematic review and network meta-analysis. <i>Sleep Medicine Reviews</i> , 2018, 37, 114-129.	8.5	114

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19	A systematic review of the nature and correlates of sleep disturbance in early psychosis. <i>Sleep Medicine Reviews</i> , 2017, 31, 25-38.	8.5	112
20	Digital Cognitive Behavioral Therapy (dCBT) for Insomnia: a State-of-the-Science Review. <i>Current Sleep Medicine Reports</i> , 2017, 3, 48-56.	1.4	106
21	Sleep and cognitive performance: cross-sectional associations in the UK Biobank. <i>Sleep Medicine</i> , 2017, 38, 85-91.	1.6	102
22	The Daytime Impact of DSM-5 Insomnia Disorder. <i>Journal of Clinical Psychiatry</i> , 2012, 73, e1478-e1484.	2.2	100
23	Associations between self-reported sleep quality and white matter in community-dwelling older adults: A prospective cohort study. <i>Human Brain Mapping</i> , 2017, 38, 5465-5473.	3.6	87
24	Sleep-related attentional bias in insomnia: A state-of-the-science review. <i>Clinical Psychology Review</i> , 2015, 42, 16-27.	11.4	83
25	The impact of cognitive behavioural therapy for insomnia on objective sleep parameters: A meta-analysis and systematic review. <i>Sleep Medicine Reviews</i> , 2019, 47, 90-102.	8.5	83
26	Heart rate variability in insomnia patients: A critical review of the literature. <i>Sleep Medicine Reviews</i> , 2017, 33, 88-100.	8.5	82
27	Altered Emotion Perception in Insomnia Disorder. <i>Sleep</i> , 2014, 37, 775-783.	1.1	79
28	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
29	High resolution examination of the role of sleep disturbance in predicting functioning and psychotic symptoms in schizophrenia: A novel experience sampling study. <i>Journal of Abnormal Psychology</i> , 2016, 125, 788-797.	1.9	77
30	Insomnia disorder: State of the science and challenges for the future. <i>Journal of Sleep Research</i> , 2022, 31, .	3.2	77
31	Psychometric properties of the Sleep Condition Indicator and Insomnia Severity Index in the evaluation of insomnia disorder. <i>Sleep Medicine</i> , 2017, 33, 76-81.	1.6	75
32	A systematic review of quality of life in adults with muscle disease. <i>Journal of Neurology</i> , 2011, 258, 1581-1592.	3.6	74
33	Does online insomnia treatment reduce depressive symptoms? A randomized controlled trial in individuals with both insomnia and depressive symptoms. <i>Psychological Medicine</i> , 2019, 49, 501-509.	4.5	74
34	Objective sleep disturbances are associated with greater waking resting-state connectivity between the retrosplenial cortex/hippocampus and various nodes of the default mode network. <i>Journal of Psychiatry and Neuroscience</i> , 2016, 41, 295-303.	2.4	73
35	Examining the role of psychological factors in the relationship between sleep problems and suicide. <i>Clinical Psychology Review</i> , 2017, 54, 1-16.	11.4	71
36	The Glasgow Sleep Impact Index (GSII): A novel patient-centred measure for assessing sleep-related quality of life impairment in Insomnia Disorder. <i>Sleep Medicine</i> , 2013, 14, 493-501.	1.6	67

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37	Does exercise improve sleep for adults with insomnia? A systematic review with quality appraisal. <i>Clinical Psychology Review</i> , 2019, 68, 1-12.	11.4	66
38	Nightmares and Suicide in Posttraumatic Stress Disorder: The Mediating Role of Defeat, Entrapment, and Hopelessness. <i>Journal of Clinical Sleep Medicine</i> , 2016, 12, 393-399.	2.6	65
39	Towards standardisation and improved understanding of sleep restriction therapy for insomnia disorder: A systematic examination of CBT-I trial content. <i>Sleep Medicine Reviews</i> , 2015, 23, 83-88.	8.5	64
40	Neuroimaging Insights into Insomnia. <i>Current Neurology and Neuroscience Reports</i> , 2015, 15, 9.	4.2	62
41	Executive Functions in Insomnia Disorder: A Systematic Review and Exploratory Meta-Analysis. <i>Frontiers in Psychology</i> , 2019, 10, 101.	2.1	57
42	Treating Depression and Anxiety with Digital Cognitive Behavioural Therapy for Insomnia: A Real World NHS Evaluation Using Standardized Outcome Measures. <i>Behavioural and Cognitive Psychotherapy</i> , 2017, 45, 91-96.	1.2	56
43	Night shift work is associated with an increased risk of asthma. <i>Thorax</i> , 2021, 76, 53-60.	5.6	56
44	How does sleep restriction therapy for insomnia work? A systematic review of mechanistic evidence and the introduction of the Triple-R model. <i>Sleep Medicine Reviews</i> , 2018, 42, 127-138.	8.5	51
45	Clusters of Insomnia Disorder: An Exploratory Cluster Analysis of Objective Sleep Parameters Reveals Differences in Neurocognitive Functioning, Quantitative EEG, and Heart Rate Variability. <i>Sleep</i> , 2016, 39, 1993-2004.	1.1	48
46	The Sleep Condition Indicator: reference values derived from a sample of 200,000 adults. <i>Journal of Sleep Research</i> , 2018, 27, e12643.	3.2	47
47	A cross-sectional survey of the nature and correlates of sleep disturbance in people with psoriasis. <i>British Journal of Dermatology</i> , 2017, 177, 1052-1059.	1.5	44
48	Measurement, Classification and Evaluation of Sleep Disturbance in Psoriasis: A Systematic Review. <i>PLoS ONE</i> , 2016, 11, e0157843.	2.5	44
49	Subjective but Not Actigraphy-Defined Sleep Predicts Next-Day Fatigue in Chronic Fatigue Syndrome: A Prospective Daily Diary Study. <i>Sleep</i> , 2016, 39, 937-944.	1.1	43
50	Insomnia with objective short sleep duration is associated with longer duration of insomnia in the Freiburg Insomnia Cohort compared to insomnia with normal sleep duration, but not with hypertension. <i>PLoS ONE</i> , 2017, 12, e0180339.	2.5	43
51	The Impact of Sleep-Related Attentional Bias on Polysomnographically Measured Sleep in Primary Insomnia. <i>Sleep</i> , 2010, 33, 107-112.	1.1	42
52	Ecological momentary assessment of daytime symptoms during sleep restriction therapy for insomnia. <i>Journal of Sleep Research</i> , 2013, 22, 266-272.	3.2	39
53	Insomnia as a mediating therapeutic target for depressive symptoms: A sub-analysis of participant data from two large randomized controlled trials of a digital sleep intervention. <i>Journal of Sleep Research</i> , 2021, 30, e13140.	3.2	39
54	Understanding the role of sleep in suicide risk: qualitative interview study. <i>BMJ Open</i> , 2016, 6, e012113.	1.9	38

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55	Does cognitive behavioural therapy for insomnia improve cognitive performance? A systematic review and narrative synthesis. <i>Sleep Medicine Reviews</i> , 2018, 39, 37-51.	8.5	37
56	The effects of digital cognitive behavioral therapy for insomnia on cognitive function: a randomized controlled trial. <i>Sleep</i> , 2020, 43, .	1.1	36
57	Prevalence, associated factors and management of insomnia in prison populations: An integrative review. <i>Sleep Medicine Reviews</i> , 2015, 24, 13-27.	8.5	35
58	The Pros and Cons of Getting Engaged in an Online Social Community Embedded Within Digital Cognitive Behavioral Therapy for Insomnia: Survey Among Users. <i>Journal of Medical Internet Research</i> , 2016, 18, e88.	4.3	35
59	Measuring the prevalence of sleep disturbances in people with dementia living in care homes: a systematic review and meta-analysis. <i>Sleep</i> , 2020, 43, .	1.1	34
60	The clinical effects of sleep restriction therapy for insomnia: A meta-analysis of randomised controlled trials. <i>Sleep Medicine Reviews</i> , 2021, 58, 101493.	8.5	34
61	Isolating the role of time in bed restriction in the treatment of insomnia: a randomized, controlled, dismantling trial comparing sleep restriction therapy with time in bed regularization. <i>Sleep</i> , 2020, 43, .	1.1	33
62	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
63	Are sleep disturbances causally linked to the presence and severity of psychotic-like, dissociative and hypomanic experiences in non-clinical populations? A systematic review. <i>Neuroscience and Biobehavioral Reviews</i> , 2018, 89, 119-131.	6.1	32
64	Sham sleep feedback delivered via actigraphy biases daytime symptom reports in people with insomnia: Implications for insomnia disorder and wearable devices. <i>Journal of Sleep Research</i> , 2018, 27, e12726.	3.2	32
65	DREAMS-START (Dementia RELATED Manual for Sleep; STRategies for RelaTives) for people with dementia and sleep disturbances: a single-blind feasibility and acceptability randomized controlled trial. <i>International Psychogeriatrics</i> , 2019, 31, 251-265.	1.0	32
66	Predictors of Nightly Subjective-Objective Sleep Discrepancy in Poor Sleepers over a Seven-Day Period. <i>Brain Sciences</i> , 2017, 7, 29.	2.3	31
67	Is disrupted sleep a risk factor for Alzheimer's disease? Evidence from a two-sample Mendelian randomization analysis. <i>International Journal of Epidemiology</i> , 2021, 50, 817-828.	1.9	31
68	Italian validation of the Sleep Condition Indicator: A clinical screening tool to evaluate Insomnia Disorder according to DSM-5 criteria. <i>International Journal of Psychophysiology</i> , 2015, 98, 435-440.	1.0	26
69	How are normal sleeping controls selected? A systematic review of cross-sectional insomnia studies and a standardized method to select healthy controls for sleep research. <i>Sleep Medicine</i> , 2015, 16, 669-677.	1.6	26
70	Physiological Markers of Arousal Change with Psychological Treatment for Insomnia: A Preliminary Investigation. <i>PLoS ONE</i> , 2015, 10, e0145317.	2.5	24
71	Metacognitive beliefs relate specifically to sleep quality in primary insomnia: a pilot study. <i>Sleep Medicine</i> , 2014, 15, 918-922.	1.6	23
72	Brain Reactivity and Selective Attention to Sleep-Related Words in Patients With Chronic Insomnia. <i>Behavioral Sleep Medicine</i> , 2018, 16, 587-600.	2.1	22

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73	Is Smoking-related Attentional Bias a Useful Marker for Treatment Effects?. Behavioral Medicine, 2011, 37, 26-34.	1.9	21
74	Perfectionism and Polysomnography-Determined Markers of Poor Sleep. Journal of Clinical Sleep Medicine, 2017, 13, 1319-1326.	2.6	20
75	Adherence to Cognitive Behavior Therapy for Insomnia. Sleep Medicine Clinics, 2021, 16, 155-202.	2.6	20
76	Cerebral correlates of heart rate variations during a spontaneous panic attack in the fMRI scanner. Neurocase, 2009, 15, 527-534.	0.6	19
77	A preliminary investigation of sleep quality in functional neurological disorders: Poor sleep appears common, and is associated with functional impairment. Journal of the Neurological Sciences, 2017, 378, 163-166.	0.6	19
78	An Objective Short Sleep Insomnia Disorder Subtype Is Associated With Reduced Brain Metabolite Concentrations In Vivo: A Preliminary Magnetic Resonance Spectroscopy Assessment. Sleep, 2017, 40, .	1.1	19
79	Quality of life, sleep and rheumatoid arthritis (QUIASAR): a protocol for a prospective UK mHealth study to investigate the relationship between sleep and quality of life in adults with rheumatoid arthritis. BMJ Open, 2018, 8, e018752.	1.9	19
80	Reporting of adverse events in cognitive behavioural therapy for insomnia: A systematic examination of randomised controlled trials. Sleep Medicine Reviews, 2021, 56, 101412.	8.5	18
81	The effect of sleep restriction therapy for insomnia on sleep pressure and arousal: a randomized controlled mechanistic trial. Sleep, 2022, 45, .	1.1	18
82	Cognitive behavioural therapy for insomnia does not appear to have a substantial impact on early markers of cardiovascular disease: A preliminary randomized controlled trial. Journal of Sleep Research, 2020, 29, e13102.	3.2	16
83	Time will tell: a retrospective study investigating the relationship between insomnia and objectively defined punctuality. Journal of Sleep Research, 2012, 21, 264-269.	3.2	15
84	Health-related quality of life and psychological functioning in patients with primary malignant brain tumors: a systematic review of clinical, demographic and mental health factors. Neuro-Oncology Practice, 2016, 3, 211-221.	1.6	15
85	The acute effects of sleep restriction therapy for insomnia on circadian timing and vigilance. Journal of Sleep Research, 2021, 30, e13260.	3.2	15
86	An intervention to improve sleep for people living with dementia: Reflections on the development and co-production of DREAMS:START (Dementia RElAted Manual for Sleep: STRAtegies for RelaTives). Dementia, 2018, 17, 976-989.	2.0	13
87	Sleep Disturbance and Quality of Life in Rheumatoid Arthritis: Prospective mHealth Study. Journal of Medical Internet Research, 2022, 24, e32825.	4.3	13
88	Effects of digital Cognitive Behavioural Therapy for Insomnia on cognitive function: study protocol for a randomised controlled trial. Trials, 2017, 18, 281.	1.6	12
89	Psychological and behavioural interventions in bipolar disorder that target sleep and circadian rhythms: A systematic review of randomised controlled trials. Neuroscience and Biobehavioral Reviews, 2022, 132, 378-390.	6.1	12
90	Associations Between Sleep Health and Amygdala Reactivity to Negative Facial Expressions in the UK Biobank Cohort. Biological Psychiatry, 2022, 92, 693-700.	1.3	12

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91	Towards an Improved Neuropsychology of Poor Sleep?. <i>Sleep</i> , 2008, 31, 591-592.	1.1	11
92	Attention to beds in natural scenes by observers with insomnia symptoms. <i>Behaviour Research and Therapy</i> , 2017, 92, 51-56.	3.1	11
93	Sleep is a modifiable determinant of health: Implications and opportunities for health psychology. <i>British Journal of Health Psychology</i> , 2017, 22, 661-670.	3.5	11
94	No Association Between Amygdala Responses to Negative Faces and Depressive Symptoms: Cross-Sectional Data from 28,638 Individuals in the UK Biobank Cohort. <i>American Journal of Psychiatry</i> , 2022, 179, 509-513.	7.2	11
95	Your Place or Mine? Does the Sleep Location Matter in Young Couples?. <i>Behavioral Sleep Medicine</i> , 2017, 15, 87-96.	2.1	10
96	Understanding the experience of sleep disturbance in psoriasis: a qualitative exploration using the Commonâ€Sense Model of Selfâ€Regulation. <i>British Journal of Dermatology</i> , 2019, 180, 1397-1404.	1.5	10
97	Hypnotic and Melatonin/Melatonin-Receptor Agonist Treatment in Bipolar Disorder: A Systematic Review and Meta-Analysis. <i>CNS Drugs</i> , 2022, 36, 345-363.	5.9	10
98	Effects of insomnia symptoms and objective short sleep duration on memory performance in youths. <i>Journal of Sleep Research</i> , 2020, 29, e13049.	3.2	9
99	Perfectionistic Tendencies in Insomnia Patients' Behavior During Psychometric Testing. <i>Behavioral Sleep Medicine</i> , 2015, 13, 387-394.	2.1	8
100	Sleep deprivation as a treatment for major depressive episodes: A systematic review and meta-analysis. <i>Sleep Medicine Reviews</i> , 2022, 64, 101647.	8.5	8
101	The relationship between sleep disturbance, symptoms and daytime functioning in psoriasis: a prospective study integrating actigraphy and experience sampling methodology. <i>Sleep Medicine</i> , 2020, 72, 144-149.	1.6	7
102	Primary care treatment of insomnia: study protocol for a pragmatic, multicentre, randomised controlled trial comparing nurse-delivered sleep restriction therapy to sleep hygiene (the HABIT) Tj ETQq0 0 0 rgBT 10verlock 10 Tf 50 29		
103	A manual-based intervention for carers of people with dementia and sleep disturbances: an acceptability and feasibility RCT. <i>Health Technology Assessment</i> , 2018, 22, 1-408.	2.8	7
104	From Bedside <i>Back</i> to Bench? A Commentary on: â€œThe Future of Cognitive Behavioral Therapy for Insomnia: What Important Research Remains to Be Done?â€• <i>Journal of Clinical Psychology</i> , 2013, 69, 1022-1025.	1.9	6
105	Do evidence based interventions for chronic fatigue syndrome improve sleep? A systematic review and narrative synthesis. <i>Sleep Medicine Reviews</i> , 2017, 33, 101-110.	8.5	6
106	Primary Insomnia: An Overview of Practical Management Using Cognitive Behavioral Techniques. <i>Sleep Medicine Clinics</i> , 2009, 4, 559-569.	2.6	5
107	Individuals with clinically significant insomnia symptoms are characterised by a negative sleep-related expectancy bias: Results from a cognitive-experimental assessment. <i>Behaviour Research and Therapy</i> , 2017, 95, 71-78.	3.1	5
108	The <sc>HUNT</sc> continues and gathers pace: shedding light on the relationship between insomnia and ill health. <i>Journal of Sleep Research</i> , 2014, 23, 121-123.	3.2	4

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109	Daridorexant for insomnia disorder. <i>Lancet Neurology</i> , The, 2022, 21, 104-105.	10.2	4
110	The effect of sleep continuity disruption on multimodal emotion processing and regulation: a laboratory-based, randomised, controlled experiment in good sleepers. <i>Journal of Sleep Research</i> , 2023, 32, e13634.	3.2	4
111	Cognitive Behavioral and Psychological Therapies for Chronic Insomnia. , 2012, , 161-171.		3
112	A call for improved sleep research in psoriasis populations. <i>International Journal of Dermatology</i> , 2016, 55, e312.	1.0	3
113	Cognitive behavioral therapy for the management of poor sleep in insomnia disorder. <i>ChronoPhysiology and Therapy</i> , 2014, , 99.	0.5	2
114	The "Anti-Inflammatory" Properties of CBT-I. <i>Sleep</i> , 2014, 37, 1407-1409.	1.1	2
115	Investigating Psychological Mechanisms in Relation to Sleep Problems and Suicide. <i>Journal of Clinical Sleep Medicine</i> , 2016, 12, 931-931.	2.6	2
116	Methodology for the Assessment of Sleep. , 2015, , 65-90.		1
117	0119 The Effect Of Sleep Continuity Disruption On Threat-related Attentional Bias: Randomised Controlled Experiment In Good Sleepers. <i>Sleep</i> , 2019, 42, A49-A50.	1.1	1
118	Care home residents with dementia: Prevalence, incidence, and associations with sleep disturbance in an English cohort study. <i>Alzheimer's and Dementia: Translational Research and Clinical Interventions</i> , 2022, 8, e12251.	3.7	1
119	Further discussion of a preliminary study of sleep quality in functional neurological disorders: A reply to Professor Kawada. <i>Journal of the Neurological Sciences</i> , 2017, 381, 346.	0.6	0
120	[P1-298]: RESEARCHING DEMENTIA-RELATED SLEEP PROBLEMS USING ACTIWATCHES: PRELIMINARY INSIGHTS FROM THE DREAMS START STUDY. <i>Alzheimer's and Dementia</i> , 2017, 13, P367.	0.8	0