

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	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
2	The effect of sleep restriction therapy for insomnia on sleep pressure and arousal: a randomized controlled mechanistic trial. <i>Sleep</i> , 2022, 45, .	1.1	18
3	Psychological and behavioural interventions in bipolar disorder that target sleep and circadian rhythms: A systematic review of randomised controlled trials. <i>Neuroscience and Biobehavioral Reviews</i> , 2022, 132, 378-390.	6.1	12
4	Sleep Disturbance and Quality of Life in Rheumatoid Arthritis: Prospective mHealth Study. <i>Journal of Medical Internet Research</i> , 2022, 24, e32825.	4.3	13
5	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
6	Daridorexant for insomnia disorder. <i>Lancet Neurology</i> , The, 2022, 21, 104-105.	10.2	4
7	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
8	Insomnia disorder: State of the science and challenges for the future. <i>Journal of Sleep Research</i> , 2022, 31, .	3.2	77
9	Associations Between Sleep Health and Amygdala Reactivity to Negative Facial Expressions in the UK Biobank Cohort. <i>Biological Psychiatry</i> , 2022, 92, 693-700.	1.3	12
10	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
11	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
12	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
13	Night shift work is associated with an increased risk of asthma. <i>Thorax</i> , 2021, 76, 53-60.	5.6	56
14	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
15	Adherence to Cognitive Behavior Therapy for Insomnia. <i>Sleep Medicine Clinics</i> , 2021, 16, 155-202.	2.6	20
16	Reporting of adverse events in cognitive behavioural therapy for insomnia: A systematic examination of randomised controlled trials. <i>Sleep Medicine Reviews</i> , 2021, 56, 101412.	8.5	18
17	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
18	The acute effects of sleep restriction therapy for insomnia on circadian timing and vigilance. <i>Journal of Sleep Research</i> , 2021, 30, e13260.	3.2	15

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19	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
20	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
21	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
22	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
23	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 ETQq1 1 0.784314 rgBT /Overlock 10		
24	The effects of digital cognitive behavioral therapy for insomnia on cognitive function: a randomized controlled trial. <i>Sleep</i> , 2020, 43, .	1.1	36
25	Cognitive behavioural therapy for insomnia does not appear to have a substantial impact on early markers of cardiovascular disease: A preliminary randomized controlled trial. <i>Journal of Sleep Research</i> , 2020, 29, e13102.	3.2	16
26	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
27	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
28	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
29	Understanding the experience of sleep disturbance in psoriasis: a qualitative exploration using the CommonSense Model of SelfRegulation. <i>British Journal of Dermatology</i> , 2019, 180, 1397-1404.	1.5	10
30	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
31	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
32	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
33	Executive Functions in Insomnia Disorder: A Systematic Review and Exploratory Meta-Analysis. <i>Frontiers in Psychology</i> , 2019, 10, 101.	2.1	57
34	Biological and clinical insights from genetics of insomnia symptoms. <i>Nature Genetics</i> , 2019, 51, 387-393.	21.4	250
35	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
36	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

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37	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
38	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
39	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
40	Quality of life, sleep and rheumatoid arthritis (QUASAR): a protocol for a prospective UK mHealth study to investigate the relationship between sleep and quality of life in adults with rheumatoid arthritis. <i>BMJ Open</i> , 2018, 8, e018752.	1.9	19
41	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
42	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
43	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
44	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
45	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). <i>Dementia</i> , 2018, 17, 976-989.	2.0	13
46	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
47	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
48	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
49	Your Place or Mine? Does the Sleep Location Matter in Young Couples?. <i>Behavioral Sleep Medicine</i> , 2017, 15, 87-96.	2.1	10
50	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
51	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
52	Heart rate variability in insomnia patients: A critical review of the literature. <i>Sleep Medicine Reviews</i> , 2017, 33, 88-100.	8.5	82
53	Attention to beds in natural scenes by observers with insomnia symptoms. <i>Behaviour Research and Therapy</i> , 2017, 92, 51-56.	3.1	11
54	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

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55	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
56	A preliminary investigation of sleep quality in functional neurological disorders: Poor sleep appears common, and is associated with functional impairment. <i>Journal of the Neurological Sciences</i> , 2017, 378, 163-166.	0.6	19
57	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
58	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
59	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
60	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
61	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
62	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
63	An Objective Short Sleep Insomnia Disorder Subtype Is Associated With Reduced Brain Metabolite Concentrations In Vivo: A Preliminary Magnetic Resonance Spectroscopy Assessment. <i>Sleep</i> , 2017, 40, .	1.1	19
64	Sleep and cognitive performance: cross-sectional associations in the UK Biobank. <i>Sleep Medicine</i> , 2017, 38, 85-91.	1.6	102
65	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
66	[P1298]: 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
67	Effects of digital Cognitive Behavioural Therapy for Insomnia on cognitive function: study protocol for a randomised controlled trial. <i>Trials</i> , 2017, 18, 281.	1.6	12
68	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
69	Perfectionism and Polysomnography-Determined Markers of Poor Sleep. <i>Journal of Clinical Sleep Medicine</i> , 2017, 13, 1319-1326.	2.6	20
70	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
71	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
72	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

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73	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
74	A call for improved sleep research in psoriasis populations. <i>International Journal of Dermatology</i> , 2016, 55, e312.	1.0	3
75	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. <i>Neuro-Oncology Practice</i> , 2016, 3, 211-221.	1.6	15
76	Understanding the role of sleep in suicide risk: qualitative interview study. <i>BMJ Open</i> , 2016, 6, e012113.	1.9	38
77	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
78	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
79	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
80	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
81	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
82	Measurement, Classification and Evaluation of Sleep Disturbance in Psoriasis: A Systematic Review. <i>PLoS ONE</i> , 2016, 11, e0157843.	2.5	44
83	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
84	Investigating Psychological Mechanisms in Relation to Sleep Problems and Suicide. <i>Journal of Clinical Sleep Medicine</i> , 2016, 12, 931-931.	2.6	2
85	Physiological Markers of Arousal Change with Psychological Treatment for Insomnia: A Preliminary Investigation. <i>PLoS ONE</i> , 2015, 10, e0145317.	2.5	24
86	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
87	Social interactions, emotion and sleep: A systematic review and research agenda. <i>Sleep Medicine Reviews</i> , 2015, 24, 83-100.	8.5	169
88	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
89	Methodology for the Assessment of Sleep. , 2015, , 65-90.		1
90	Neuroimaging Insights into Insomnia. <i>Current Neurology and Neuroscience Reports</i> , 2015, 15, 9.	4.2	62

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91	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
92	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
93	Perfectionistic Tendencies in Insomnia Patients' Behavior During Psychometric Testing. <i>Behavioral Sleep Medicine</i> , 2015, 13, 387-394.	2.1	8
94	Sleep-related attentional bias in insomnia: A state-of-the-science review. <i>Clinical Psychology Review</i> , 2015, 42, 16-27.	11.4	83
95	Cognitive behavioral therapy for the management of poor sleep in insomnia disorder. <i>ChronoPhysiology and Therapy</i> , 2014, , 99.	0.5	2
96	The HUNT 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
97	Altered Emotion Perception in Insomnia Disorder. <i>Sleep</i> , 2014, 37, 775-783.	1.1	79
98	The evidence base of sleep restriction therapy for treating insomnia disorder. <i>Sleep Medicine Reviews</i> , 2014, 18, 415-424.	8.5	153
99	Metacognitive beliefs relate specifically to sleep quality in primary insomnia: a pilot study. <i>Sleep Medicine</i> , 2014, 15, 918-922.	1.6	23
100	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
101	The Sleep Condition Indicator: a clinical screening tool to evaluate insomnia disorder. <i>BMJ Open</i> , 2014, 4, e004183.	1.9	305
102	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
103	The "Anti-Inflammatory" Properties of CBT-I. <i>Sleep</i> , 2014, 37, 1407-1409.	1.1	2
104	From Bedside Back to Bench? A Commentary on: "The Future of Cognitive Behavioral Therapy for Insomnia: What Important Research Remains to Be Done?" <i>Journal of Clinical Psychology</i> , 2013, 69, 1022-1025.	1.9	6
105	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
106	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
107	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
108	Cognitive Behavioral and Psychological Therapies for Chronic Insomnia. , 2012, , 161-171.		3

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109	Time will tell: a retrospective study investigating the relationship between insomnia and objectively defined punctuality. <i>Journal of Sleep Research</i> , 2012, 21, 264-269.	3.2	15
110	The Daytime Impact of DSM-5 Insomnia Disorder. <i>Journal of Clinical Psychiatry</i> , 2012, 73, e1478-e1484.	2.2	100
111	Is Smoking-related Attentional Bias a Useful Marker for Treatment Effects?. <i>Behavioral Medicine</i> , 2011, 37, 26-34.	1.9	21
112	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
113	Heart rate and heart rate variability in subjectively reported insomnia. <i>Journal of Sleep Research</i> , 2011, 20, 137-145.	3.2	159
114	A systematic review of quality of life in adults with muscle disease. <i>Journal of Neurology</i> , 2011, 258, 1581-1592.	3.6	74
115	The Impact of Sleep-Related Attentional Bias on Polysomnographically Measured Sleep in Primary Insomnia. <i>Sleep</i> , 2010, 33, 107-112.	1.1	42
116	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
117	Insomnia and health-related quality of life. <i>Sleep Medicine Reviews</i> , 2010, 14, 69-82.	8.5	407
118	Cerebral correlates of heart rate variations during a spontaneous panic attack in the fMRI scanner. <i>Neurocase</i> , 2009, 15, 527-534.	0.6	19
119	Primary Insomnia: An Overview of Practical Management Using Cognitive Behavioral Techniques. <i>Sleep Medicine Clinics</i> , 2009, 4, 559-569.	2.6	5
120	Towards an Improved Neuropsychology of Poor Sleep?. <i>Sleep</i> , 2008, 31, 591-592.	1.1	11