

Sara Nowakowski

List of Publications by Year in descending order

Source: <https://exaly.com/author-pdf/8300150/publications.pdf>

Version: 2024-02-01

56
papers

1,443
citations

361413

20
h-index

345221

36
g-index

58
all docs

58
docs citations

58
times ranked

1973
citing authors

#	ARTICLE	IF	CITATIONS
1	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
2	Discrepancy Between Subjective Symptomatology and Objective Neuropsychological Performance in Insomnia. <i>Sleep</i> , 2007, 30, 1205-1211.	1.1	134
3	Where are the Behavioral Sleep Medicine Providers and Where are They Needed? A Geographic Assessment. <i>Behavioral Sleep Medicine</i> , 2016, 14, 687-698.	2.1	128
4	Sleep and Women's Health. <i>Sleep Medicine Research</i> , 2013, 4, 1-22.	0.6	87
5	Plasma Melatonin Circadian Rhythm Disturbances During Pregnancy and Postpartum in Depressed Women and Women With Personal or Family Histories of Depression. <i>American Journal of Psychiatry</i> , 2008, 165, 1551-1558.	7.2	75
6	Clinical significance of night-to-night sleep variability in insomnia. <i>Sleep Medicine</i> , 2012, 13, 469-475.	1.6	70
7	The Effects of Modafinil and Cognitive Behavior Therapy on Sleep Continuity in Patients with Primary Insomnia. <i>Sleep</i> , 2004, 27, 715-725.	1.1	67
8	Association of sleep disturbance and sexual function in postmenopausal women. <i>Menopause</i> , 2017, 24, 604-612.	2.0	62
9	Non-Pharmacological Treatment of Insomnia. <i>Neurotherapeutics</i> , 2012, 9, 717-727.	4.4	54
10	Sleep characteristics and inflammatory biomarkers among midlife women. <i>Sleep</i> , 2018, 41, .	1.1	54
11	Relationship of morningness-eveningness questionnaire score to melatonin and sleep timing, body mass index and atypical depressive symptoms in peri- and post-menopausal women. <i>Psychiatry Research</i> , 2011, 188, 88-95.	3.3	51
12	Increased Melatonin and Delayed Offset in Menopausal Depression: Role of Years Past Menopause, Follicle-Stimulating Hormone, Sleep End Time, and Body Mass Index. <i>Journal of Clinical Endocrinology and Metabolism</i> , 2008, 93, 54-60.	3.6	47
13	Managing Acute Insomnia in Prison: Evaluation of a "One-Shot" Cognitive Behavioral Therapy for Insomnia (CBT-I) Intervention. <i>Behavioral Sleep Medicine</i> , 2019, 17, 827-836.	2.1	39
14	Treatment of Insomnia, Insomnia Symptoms, and Obstructive Sleep Apnea During and After Menopause: Therapeutic Approaches. <i>Current Psychiatry Reviews</i> , 2015, 11, 63-83.	0.9	38
15	Sleep and menopause. <i>Current Neurology and Neuroscience Reports</i> , 2009, 9, 165-172.	4.2	37
16	Insomnia and sleep apnea in midlife women: prevalence and consequences to health and functioning. <i>Prime Reports</i> , 2015, 7, 63.	5.9	32
17	Sleep Disturbance Partially Mediates the Relationship Between Intimate Partner Violence and Physical/Mental Health in Women and Men. <i>Journal of Interpersonal Violence</i> , 2017, 32, 2471-2495.	2.0	27
18	The Society of Behavioral Sleep Medicine (SBSM) COVID-19 Task Force: Objectives and Summary Recommendations for Managing Sleep during a Pandemic. <i>Behavioral Sleep Medicine</i> , 2020, 18, 570-572.	2.1	26

#	ARTICLE	IF	CITATIONS
19	Antepartum Depression Severity is Increased During Seasonally Longer Nights: Relationship to Melatonin and Cortisol Timing and Quantity. <i>Chronobiology International</i> , 2013, 30, 1160-1173.	2.0	24
20	Sleep disturbance in women who undergo surgical menopause compared with women who experience natural menopause. <i>Menopause</i> , 2019, 26, 357-364.	2.0	22
21	Cognitive Behavioral Therapy for Insomnia and Women's Health. <i>Sleep Medicine Clinics</i> , 2019, 14, 185-197.	2.6	18
22	Sex differences in sleep health. , 2019, , 21-29.		16
23	Association between Sleep Quality and Mental Health among Patients at a Post-COVID-19 Recovery Clinic. <i>Brain Sciences</i> , 2022, 12, 586.	2.3	15
24	CBT for Insomnia in Patients with High and Low Depressive Symptom Severity: Adherence and Clinical Outcomes. <i>Focus (American Psychiatric Publishing)</i> , 2014, 12, 90-98.	0.8	12
25	Sleep, premenstrual mood disorder, and women's health. <i>Current Opinion in Psychology</i> , 2020, 34, 43-49.	4.9	12
26	The Relationship of Nocturnal Melatonin to Estradiol and Progesterone in Depressed and Healthy Pregnant Women. <i>Journal of Women's Health</i> , 2012, 21, 649-655.	3.3	11
27	Menstrual regularity and bleeding is associated with sleep duration, sleep quality and fatigue in a community sample. <i>Journal of Sleep Research</i> , 2022, 31, e13434.	3.2	11
28	Cognitions and Insomnia Subgroups. <i>Cognitive Therapy and Research</i> , 2012, 36, 120-128.	1.9	9
29	Inadequate Sleep as a Mediating Variable Between Exposure to Interparental Violence and Depression Severity in Adolescents. <i>Journal of Child and Adolescent Trauma</i> , 2016, 9, 109-114.	1.9	8
30	Association of preoperative sleep pattern with posthysterectomy pain: a pilot study. <i>Journal of Clinical Sleep Medicine</i> , 2020, 16, 1901-1908.	2.6	8
31	Sleep During Pregnancy. <i>Current Psychiatry Reports</i> , 2022, 24, 353-357.	4.5	8
32	Cognitive Behavioral Therapy for Mood and Insomnia in Persons With Dementia. <i>Alzheimer Disease and Associated Disorders</i> , 2021, 35, 366-373.	1.3	7
33	Non-pharmacological sleep interventions for pediatric cancer patients and survivors: a systematic review protocol. <i>Systematic Reviews</i> , 2021, 10, 166.	5.3	4
34	Cognitive Behavioral Therapy for Insomnia. , 2017, , 75-96.		3
35	A Concept Map of Behavioral Sleep Medicine: Defining the Scope of the Field and Strategic Priorities. <i>Behavioral Sleep Medicine</i> , 2018, 16, 523-526.	2.1	3
36	Longitudinal Analysis Evaluating Self-Reported CPAP Use for OSA during the COVID-19 Pandemic. <i>Brain Sciences</i> , 2022, 12, 131.	2.3	3

#	ARTICLE	IF	CITATIONS
37	CBT-I for perimenopause and postmenopause. , 2022, , 333-346.		2
38	Pain and Sleep Around Hysterectomy: A Prospective Cohort Study [15D]. Obstetrics and Gynecology, 2017, 129, 45S-45S.	2.4	1
39	0278 Gender Differences in the Relationship between Short Sleep and Obesity Depend on Age. Sleep, 2018, 41, A107-A107.	1.1	1
40	Using Visual Analytics to Inform a Stroke Specific Self-Management Program. Archives of Physical Medicine and Rehabilitation, 2019, 100, e209.	0.9	1
41	1157 Comparison Of Polysomnography Total Sleep Time In Veterans With A Dementia Diagnosis, Incipient Dementia, And No Dementia. Sleep, 2020, 43, A441-A441.	1.1	1
42	Sleep in women during pregnancy and postpartum. , 2021, , .		1
43	Polysomnographic Sleep Parameters: Novel Digital Biomarkers for Developing Dementia. Innovation in Aging, 2020, 4, 165-165.	0.1	1
44	Polysomnographic Sleep Is Associated With Time to Develop Dementia: A Study Using 19-Year VA National EHR Data. Innovation in Aging, 2020, 4, 469-470.	0.1	1
45	Editorial: The Psychology of Menopause. Frontiers in Global Women S Health, 2021, 2, 828676.	2.3	1
46	Insomnia symptoms predict physical and mental impairments among postmenopausal women. Sleep Medicine, 2015, 16, 317-318.	1.6	0
47	0788 SLEEP QUALITY IS ASSOCIATED WITH PHYSICAL FUNCTIONING DURING ACUTE HOSPITALIZATION AND PREDICTS FUNCTIONAL RECOVERY FOLLOWING HOSPITALIZATION IN OLDER ADULTS. Sleep, 2017, 40, A292-A292.	1.1	0
48	711 Changes in Healthcare Visits and Sleep Medication Use in Sleep Medicine Patients during the COVID-19 Pandemic. Sleep, 2021, 44, A277-A278.	1.1	0
49	Cognitive-behavior therapy for sleep disorders at midlife. Menopause, 2021, Publish Ahead of Print, 833-835.	2.0	0
50	707 Association of Self-Reported Anxiety, Informational Support, and Sleep in Sleep Medicine Patients during the COVID-19 Pandemic. Sleep, 2021, 44, A276-A276.	1.1	0
51	710 Association of Social Isolation, Perceived Stress, and CPAP Use in Sleep Medicine Patients during the COVID-19 Pandemic. Sleep, 2021, 44, A277-A277.	1.1	0
52	Insomnia: Evaluation and Therapeutic Modalities. Current Clinical Neurology, 2020, , 141-157.	0.2	0
53	CBT-I for patients with chronic pain. , 2022, , 219-234.		0
54	0681 Association of poor sleep with stress, anxiety, emotional support, social isolation, and depression during the COVID-19 pandemic. Sleep, 2022, 45, A298-A299.	1.1	0

#	ARTICLE	IF	CITATIONS
55	0604 Depression, Anxiety and Coping-avoidance Behaviors Associated with Long-Term Insomnia Symptoms During the COVID-19 Pandemic. <i>Sleep</i> , 2022, 45, A265-A265.	1.1	0
56	0603 Changes in Healthcare Visits and Exercise habits Associated with Poor Sleep in Sleep Medicine Patients during the COVID-19 Pandemic. <i>Sleep</i> , 2022, 45, A265-A265.	1.1	0