

Anna Wirz-Justice

List of Publications by Year in descending order

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79
papers

10,191
citations

47006

47
h-index

64796

79
g-index

81
all docs

81
docs citations

81
times ranked

8123
citing authors

#	ARTICLE	IF	CITATIONS
1	Life between Clocks: Daily Temporal Patterns of Human Chronotypes. <i>Journal of Biological Rhythms</i> , 2003, 18, 80-90.	2.6	1,832
2	The two-process model of sleep regulation: a reappraisal. <i>Journal of Sleep Research</i> , 2016, 25, 131-143.	3.2	1,052
3	High Sensitivity of Human Melatonin, Alertness, Thermoregulation, and Heart Rate to Short Wavelength Light. <i>Journal of Clinical Endocrinology and Metabolism</i> , 2005, 90, 1311-1316.	3.6	721
4	A human phase-response curve to light. <i>Neuroscience Letters</i> , 1991, 133, 36-40.	2.1	585
5	Sleep deprivation in depression: what do we know, where do we go?. <i>Biological Psychiatry</i> , 1999, 46, 445-453.	1.3	383
6	Warm feet promote the rapid onset of sleep. <i>Nature</i> , 1999, 401, 36-37.	27.8	329
7	Biological rhythm disturbances in mood disorders. <i>International Clinical Psychopharmacology</i> , 2006, 21, S11-S15.	1.7	279
8	Circadian Rhythm Mechanisms in Affective Illness and in Antidepressant Drug Action. <i>Pharmacopsychiatry</i> , 1982, 15, 31-39.	3.3	228
9	Chronotherapeutics (light and wake therapy) in affective disorders. <i>Psychological Medicine</i> , 2005, 35, 939-944.	4.5	216
10	Blue Blocker Glasses as a Countermeasure for Alerting Effects of Evening Light-Emitting Diode Screen Exposure in Male Teenagers. <i>Journal of Adolescent Health</i> , 2015, 56, 113-119.	2.5	216
11	A Randomized, Double-Blind, Placebo-Controlled Study of Light Therapy for Antepartum Depression. <i>Journal of Clinical Psychiatry</i> , 2011, 72, 986-993.	2.2	195
12	A relationship between heat loss and sleepiness: effects of postural change and melatonin administration. <i>Journal of Applied Physiology</i> , 1997, 83, 134-139.	2.5	194
13	Sleep-wake cycles and cognitive functioning in schizophrenia. <i>British Journal of Psychiatry</i> , 2011, 198, 269-276.	2.8	170
14	Wavelength-dependent effects of evening light exposure on sleep architecture and sleep EEG power density in men. <i>American Journal of Physiology - Regulatory Integrative and Comparative Physiology</i> , 2006, 290, R1421-R1428.	1.8	152
15	Dawn-dusk simulation light therapy of disturbed circadian rest-activity cycles in demented elderly. <i>Experimental Gerontology</i> , 2003, 38, 207-216.	2.8	147
16	Dynamics of frontal EEG activity, sleepiness and body temperature under high and low sleep pressure. <i>NeuroReport</i> , 2001, 12, 2277-2281.	1.2	144
17	â€œNaturalâ€™ light treatment of seasonal affective disorder. <i>Journal of Affective Disorders</i> , 1996, 37, 109-120.	4.1	136
18	Seasonality in biochemical determinations: A source of variance and a clue to the temporal incidence of affective illness. <i>Psychiatry Research</i> , 1979, 1, 53-60.	3.3	130

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19	Homeostatic versus Circadian Effects of Melatonin on Core Body Temperature in Humans. <i>Journal of Biological Rhythms</i> , 1997, 12, 509-517.	2.6	130
20	Thermoregulatory effects of melatonin in relation to sleepiness. <i>Chronobiology International</i> , 2006, 23, 475-484.	2.0	122
21	Diurnal variation of depressive symptoms. <i>Dialogues in Clinical Neuroscience</i> , 2008, 10, 337-343.	3.7	122
22	Evening exposure to blue light stimulates the expression of the clock gene PER2 in humans. <i>European Journal of Neuroscience</i> , 2006, 23, 1082-1086.	2.6	120
23	Evening administration of melatonin and bright light: Interactions on the EEG during sleep and wakefulness. <i>Journal of Sleep Research</i> , 1998, 7, 145-157.	3.2	110
24	Is Sleep per se a Zeitgeber in Humans?. <i>Journal of Biological Rhythms</i> , 2003, 18, 170-178.	2.6	93
25	Subjective Well-Being Is Modulated by Circadian Phase, Sleep Pressure, Age, and Gender. <i>Journal of Biological Rhythms</i> , 2009, 24, 232-242.	2.6	90
26	Prediction of the antidepressant response to total sleep deprivation by diurnal variation of mood. <i>Psychiatry Research</i> , 1990, 32, 113-124.	3.3	88
27	The Role of Daylight for Humans: Gaps in Current Knowledge. <i>Clocks & Sleep</i> , 2020, 2, 61-85.	2.0	88
28	A rapid-cycling bipolar patient treated with long nights, bedrest, and light. <i>Biological Psychiatry</i> , 1999, 45, 1075-1077.	1.3	84
29	Serum factors in older individuals change cellular clock properties. <i>Proceedings of the National Academy of Sciences of the United States of America</i> , 2011, 108, 7218-7223.	7.1	84
30	Disturbed Circadian Rest-Activity Cycles in Schizophrenia Patients: An Effect of Drugs?. <i>Schizophrenia Bulletin</i> , 2001, 27, 497-502.	4.3	83
31	Waking up properly: is there a role of thermoregulation in sleep inertia?. <i>Journal of Sleep Research</i> , 2004, 13, 121-127.	3.2	77
32	A schizophrenic patient with an arrhythmic circadian rest-activity cycle. <i>Psychiatry Research</i> , 1997, 73, 83-90.	3.3	74
33	The relevance of daylight for humans. <i>Biochemical Pharmacology</i> , 2020, 191, 114304.	4.4	70
34	Human sleep spindle characteristics after sleep deprivation. <i>Clinical Neurophysiology</i> , 2003, 114, 2258-2267.	1.5	69
35	The Acute Soporific Action of Daytime Melatonin Administration: Effects on the EEG during Wakefulness and Subjective Alertness. <i>Journal of Biological Rhythms</i> , 1997, 12, 636-643.	2.6	67
36	Chronobiology and mood disorders. <i>Dialogues in Clinical Neuroscience</i> , 2003, 5, 315-325.	3.7	67

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37	Sleep deprivation: Effects on circadian rhythms of rat brain neurotransmitter receptors. <i>Psychiatry Research</i> , 1981, 5, 67-76.	3.3	66
38	Seasonality in freerunning circadian rhythms in man. <i>Die Naturwissenschaften</i> , 1984, 71, 316-319.	1.6	64
39	Brightening Depression. <i>Science</i> , 2004, 303, 467-469.	12.6	64
40	Perspectives in affective disorders: Clocks and sleep. <i>European Journal of Neuroscience</i> , 2020, 51, 346-365.	2.6	64
41	Seasonality in affective disorders. <i>General and Comparative Endocrinology</i> , 2018, 258, 244-249.	1.8	63
42	The Human Circadian Pacemaker Can See by the Dawn's Early Light. <i>Journal of Biological Rhythms</i> , 2000, 15, 437-446.	2.6	62
43	Why Should We Abolish Daylight Saving Time?. <i>Journal of Biological Rhythms</i> , 2019, 34, 227-230.	2.6	61
44	The hockey-stick method to estimate evening dim light melatonin onset (DLMO) in humans. <i>Chronobiology International</i> , 2014, 31, 349-355.	2.0	60
45	Stabilising sleep for patients admitted at acute crisis to a psychiatric hospital (OWLS): an assessor-blind pilot randomised controlled trial. <i>Psychological Medicine</i> , 2018, 48, 1694-1704.	4.5	58
46	The hypothermic effect of late evening melatonin does not block the phase delay induced by concurrent bright light in human subjects. <i>Neuroscience Letters</i> , 1997, 232, 57-61.	2.1	54
47	No evidence for a phase delay in human circadian rhythms after a single morning melatonin administration. <i>Journal of Pineal Research</i> , 2002, 32, 1-5.	7.4	52
48	From the basic neuroscience of circadian clock function to light therapy for depression: On the emergence of chronotherapeutics. <i>Journal of Affective Disorders</i> , 2009, 116, 159-160.	4.1	49
49	Haloperidol Disrupts, Clozapine Reinstates the Circadian Rest-Activity Cycle in a Patient With Early-Onset Alzheimer Disease. <i>Alzheimer Disease and Associated Disorders</i> , 2000, 14, 212-215.	1.3	47
50	Early morning melatonin administration impairs psychomotor vigilance. <i>Behavioural Brain Research</i> , 2001, 121, 167-172.	2.2	46
51	Evening melatonin and bright light administration induce additive phase shifts in dim light melatonin onset. <i>Journal of Pineal Research</i> , 2004, 36, 192-194.	7.4	46
52	Winter and summer outdoor light exposure in women with and without seasonal affective disorder. <i>Journal of Affective Disorders</i> , 1999, 56, 163-169.	4.1	43
53	Circadian Sleep-Wake Cycles, Well-Being, and Light Therapy in Borderline Personality Disorder. <i>Journal of Personality Disorders</i> , 2013, 27, 680-696.	1.4	38
54	PHASE ADVANCE AFTER ONE OR THREE SIMULATED DAWNS IN HUMANS. <i>Chronobiology International</i> , 2000, 17, 659-668.	2.0	36

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55	Treatment of behavioural, cognitive and circadian rest-activity cycle disturbances in Alzheimer's disease: haloperidol vs. quetiapine. <i>International Journal of Neuropsychopharmacology</i> , 2006, 9, 507.	2.1	34
56	Bright Light Delights: Effects of Daily Light Exposure on Emotions, Restactivity Cycles, Sleep and Melatonin Secretion in Severely Demented Patients. <i>Current Alzheimer Research</i> , 2017, 14, 1063-1075.	1.4	34
57	Chronotherapeutics (light and wake therapy) as a class of interventions for affective disorders. <i>Handbook of Clinical Neurology</i> / Edited By P J Vinken and G W Bruyn, 2012, 106, 697-713.	1.8	33
58	Circadian Disruption and Psychiatric Disorders: The Importance of Entrainment. <i>Sleep Medicine Clinics</i> , 2009, 4, 273-284.	2.6	32
59	Young Women With Major Depression Live on Higher Homeostatic Sleep Pressure Than Healthy Controls. <i>Chronobiology International</i> , 2012, 29, 278-294.	2.0	32
60	The effect of bright light therapy on sleep and circadian rhythms in renal transplant recipients: a pilot randomized, multicentre wait-list controlled trial. <i>Transplant International</i> , 2015, 28, 59-70.	1.6	29
61	Prevalence of seasonal depression in a prospective cohort study. <i>European Archives of Psychiatry and Clinical Neuroscience</i> , 2019, 269, 833-839.	3.2	27
62	Decline in Long-Term Circadian Rest-Activity Cycle Organization in a Patient with Dementia. <i>Journal of Geriatric Psychiatry and Neurology</i> , 2002, 15, 55-59.	2.3	24
63	Actigraphy to measure day structure as a therapeutic variable in the treatment of schizophrenic patients. <i>Acta Psychiatrica Scandinavica</i> , 2000, 102, 91-95.	4.5	23
64	Effects of a dawn-dusk simulation on circadian rest-activity cycles, sleep, mood and well-being in dementia patients. <i>Experimental Gerontology</i> , 2019, 124, 110641.	2.8	22
65	Human Retinal Light Sensitivity and Melatonin Rhythms Following Four Days in Near Darkness. <i>Chronobiology International</i> , 2009, 26, 93-107.	2.0	18
66	Higher Frontal EEG Synchronization in Young Women with Major Depression: A Marker for Increased Homeostatic Sleep Pressure?. <i>Sleep</i> , 2011, 34, 1699-1706.	1.1	13
67	Melatonin rhythms in renal transplant recipients with sleep-wake disturbances. <i>Chronobiology International</i> , 2016, 33, 810-820.	2.0	12
68	The Circadian Rest-Activity Cycle in Korsakoff Psychosis. <i>American Journal of Geriatric Psychiatry</i> , 2010, 18, 33-41.	1.2	9
69	Temporal organization as a therapeutic target. <i>Dialogues in Clinical Neuroscience</i> , 2012, 14, 335-337.	3.7	8
70	Subjective Mood in Young Unmedicated Depressed Women under High and Low Sleep Pressure Conditions. <i>Biology</i> , 2016, 5, 52.	2.8	6
71	Reply to Cordi et al.. <i>Current Biology</i> , 2014, 24, R795.	3.9	4
72	CME: Light Therapy: Why, What, for Whom, How, and When (And a Postscript about Darkness). <i>Praxis</i> , 2022, 111, 56-62.	0.4	4

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73	Chronotherapeutics: An example of translational research for sleep and mood disorders. <i>Sleep and Biological Rhythms</i> , 2010, 8, 161-162.	1.0	3
74	Commentary on "Blue-blocking glasses as additive treatment for mania: a randomized placebo-controlled trial". <i>Bipolar Disorders</i> , 2016, 18, 383-384.	1.9	3
75	New perspectives on techniques for the clinical psychiatrist: Brain stimulation, chronobiology and psychiatric brain imaging. <i>Psychiatry and Clinical Neurosciences</i> , 2008, 62, 627-637.	1.8	2
76	Does anaesthesia stop the clock?. <i>Sleep Medicine Reviews</i> , 2018, 37, 3.	8.5	2
77	ISAD Committee on Chronotherapeutics in Affective Disorders. <i>Sleep and Biological Rhythms</i> , 2006, 4, 84-84.	1.0	1
78	Lightening depression. <i>Bipolar Disorders</i> , 2020, 22, 872-873.	1.9	1
79	In memoriam"Stephen I. SzÅjra, D.Sc., M.D. (1923"2021). <i>Neuropsychopharmacology</i> , 2022, 47, 614-615.	5.4	0