

Mindfulness-Based Stress Reduction for Chronic Insomnia Randomized, Controlled, Single-Blind Clinical Trial

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Citation Report

#	ARTICLE	IF	CITATIONS
1	The value of mindfulness meditation in the treatment of insomnia. Current Opinion in Pulmonary Medicine, 2015, 21, 547-552.	2.6	19
2	The Quest for Mindful Sleep: a Critical Synthesis of the Impact of Mindfulness-Based Interventions for Insomnia. Current Sleep Medicine Reports, 2016, 2, 142-151.	1.4	44
3	Advances in the management of chronic insomnia. BMJ, The, 2016, 354, i2123.	6.0	99
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5	Psychological and Behavioral Interventions for Managing Insomnia Disorder: An Evidence Report for a Clinical Practice Guideline by the American College of Physicians. Annals of Internal Medicine, 2016, 165, 113.	3.9	104
6	The Emerging Role of Mindfulness Meditation as Effective Self-Management Strategy, Part 2: Clinical Implications for Chronic Pain, Substance Misuse, and Insomnia. Military Medicine, 2016, 181, 969-975.	0.8	22
7	Personality Predicts Utilization of Mindfulness-Based Stress Reduction During and Post-Intervention in a Community Sample of Older Adults. Journal of Alternative and Complementary Medicine, 2016, 22, 390-395.	2.1	35
8	Effects of mindfulness-based stress reduction for adults with sleep disturbance: a protocol for an update of a systematic review and meta-analysis. Systematic Reviews, 2016, 5, 51.	5.3	13
9	A prospective, longitudinal study of sleep disturbance and comorbidity in opiate dependence (the ANRS) Tj ETQq0 0.0 rgBT /Overlock 10	3.1	23
10	Effects of mindâ€body interventions on depressive symptoms among older Chinese adults: a systematic review and metaâ€analysis. International Journal of Geriatric Psychiatry, 2017, 32, 509-521.	2.7	20
11	Using Mindfulness for the Treatment of Insomnia. Current Sleep Medicine Reports, 2017, 3, 57-65.	1.4	38
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16	Mind-Body Therapies for Late-Life Mental and Cognitive Health. Current Psychiatry Reports, 2018, 20, 2.	4.5	33
17	Insomnia in the Older Adult. Sleep Medicine Clinics, 2018, 13, 13-19.	2.6	67
18	A Randomized Controlled Trial of Mindfulness Meditation for Chronic Insomnia: Effects on Daytime Symptoms and Cognitive-Emotional Arousal. Mindfulness, 2018, 9, 1702-1712.	2.8	34

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19	A Secondary Analysis of Sleep Quality Changes in Older Adults From a Randomized Trial of an MBSR Program. <i>Journal of Applied Gerontology</i> , 2018, 37, 1327-1343.	2.0	16
20	Prescripción de benzodiacepinas y caídas en mujeres y hombres ancianos. <i>Revista De Psiquiatría Y Salud Mental</i> , 2018, 11, 12-18.	1.8	22
21	Potential Mechanisms of Mindfulness in Improving Sleep and Distress. <i>Mindfulness</i> , 2018, 9, 547-555.	2.8	42
23	Psychological Interventions for Late-Life Insomnia: Current and Emerging Science. <i>Current Sleep Medicine Reports</i> , 2018, 4, 268-277.	1.4	14
24	The effects of mindfulness and relaxation training for insomnia (MRTI) on postmenopausal women: a pilot study. <i>Menopause</i> , 2018, 25, 992-1003.	2.0	45
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35	The effects of mindfulness-based stress reduction on depression, anxiety, and stress in older adults: A systematic review and meta-analysis. <i>International Journal of Mental Health Nursing</i> , 2019, 28, 635-656.	3.8	70
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