

研究成果の刊行に関する一覧表

書籍

著者氏名	論文タイトル名	書籍全体の編集者名	書籍名	出版社名	出版地	出版年	ページ
三島和夫	薬物療法	村井俊哉	講座:精神疾患の臨床6 てんかん 睡眠・覚醒障害	中山書店	東京	2022	271-284.
鈴木正泰	レム睡眠行動障害,概日リズム睡眠・覚醒障害	福井次矢,高木誠,小室一成	今日の治療指針 2022	医学書院	東京	2022	1097-1100
斎藤かおり,鈴木正泰	睡眠・覚醒障害 自己式評価尺度	村井俊哉	講座 精神疾患の臨床 6 てんかん 睡眠・睡眠覚醒障害	中山書店	東京	2022	254-258
鈴木正泰	睡眠制御の病態 生理的睡眠制御	村井俊哉	講座 精神疾患の臨床 6 てんかん 睡眠・睡眠覚醒障害	中山書店	東京	2022	259-264
大道智恵、角谷寛	職域での睡眠と心身の健康とその評価法	田中秀樹,岩城達也,白川修一郎	快眠研究と製品開発、社会実装	エヌ・ティイー・エス	東京	2022	未定
角谷寛.	睡眠呼吸障害の疫学の課題と展望	井上雄一、山城義広	睡眠呼吸障害 Update2022	ライフ・サイエンス社	東京	2022	2-6
松田有史,角谷寛.	睡眠・覚醒障害各論 睡眠関連呼吸障害群	村井俊哉、内山真、兼本浩祐	シリーズ 講座・精神疾患の臨床 てんかん 睡眠・覚醒障害	中山書店	東京	2022	335-341.
鈴木正泰	過眠症(ナルコレプシーを含む)	福井次矢,高木誠,小室一成	今日の治療指針 2023	医学書院	東京	2023	1055-1056
大道智恵、角谷寛	職域での睡眠と心身の健康とその評価法	田中秀樹,岩城達也,白川修一郎	快眠研究と製品開発、社会実装	エヌ・ティイー・エス	東京	2022	50-57
有竹清夏	睡眠中の時間知覚.	三島和夫他	睡眠学の百科事典	丸善出版	東京	2023	印刷中

有竹清夏	パートナー（家族・同居人等も含めて）	三島和夫他	睡眠学の百科事典	丸善出版	東京	2023	印刷中
竹島正浩	CQ5～8	高江洲義和, 稲田健	睡眠薬・抗不安薬のエキスパートコンセンサス	新興医学出版社	東京	2023	218-229
三島和夫	睡眠薬・抗不安薬の適正使用と出口戦略	高江洲義和, 稲田健	睡眠薬・抗不安薬のエキスパートコンセンサス	新興医学出版社	東京	2023	18-22
鈴木正泰	睡眠障害（不眠）	福井次矢, 高木誠, 小室一成	今日の治療指針 2024	医学書院	東京	2024	1077-1078
永井康, 鈴木正泰	ゾピクロン, エソゾピクロン, スボレキサント	岩波明	精神科のくすりポイントチェックBOOK	照林社	東京	2022	44-45, 46-47, 48-49
鈴木正泰	睡眠薬のエキスパートコンセンサス（担当：CQ1, 2,3, 4）	高江洲義和, 稲田健	睡眠薬・抗不安薬のエキスパートコンセンサス	新興医学出版社	東京	2023	94-96, 97-99, 100-102, 103-104
金子宜之, 鈴木正泰	不眠症	岡靖哲	jmed 85 いま知っておきたい現代の睡眠障害	日本医事新報社	東京	2023	26-37
角谷寛.	2. 睡眠障害とアンチエイジング	日本抗加齢学会認定テキスト改訂版編纂委員会	第4版 アンチエイジング医学の基礎と臨床	メジカルビュー社	東京	2023	151-152
有竹清夏, 玉置應子	2.1 ホルモン	大川匡子・高橋清久	睡眠マネジメントーより良い睡眠をとるためにー	朝倉書店	東京	印刷中	
伏見もも, 有竹清夏	9.1食事	大川匡子・高橋清久	睡眠マネジメントーより良い睡眠をとるためにー	朝倉書店	東京	印刷中	
有竹清夏, 伏見もも	9.2運動	大川匡子・高橋清久	睡眠マネジメントーより良い睡眠をとるためにー	朝倉書店	東京	印刷中	
五月女杏, 有竹清夏	9.3早寝早起き	大川匡子・高橋清久	睡眠マネジメントーより良い睡眠をとるためにー	朝倉書店	東京	印刷中	

野々村ゆかり、有竹清夏	9.4 昼寝	大川匡子・高橋清久	睡眠マネジメントーより良い睡眠をとるためにー	朝倉書店	東京	印刷中	
有竹清夏、伏見もも	9.5 入浴(温泉サウナ)	大川匡子・高橋清久	睡眠マネジメントーより良い睡眠をとるためにー	朝倉書店	東京	印刷中	

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栗山健一.	良質な睡眠とは：睡眠の量と質. 特集 皮膚科医が学ぶ睡眠医学.	Visual Dermatology.	21(3)	242-244	2022
栗山健一.	充足感のある睡眠をとる.	月刊ことぶき.	42(3)	48-51	2022
栗山健一.	ポリシーメイキングにかかわる疫学指標のあり方 「睡眠の質」研究班の紹介. 精神疾患および精神保健に関する疫学のトピックー記述疫学、リスク研究から進行中のコホート研究まで	精神医学	63(4)	459-468	2021
内海智博, 吉池卓也, 有竹清夏, 松井健太郎, 長尾賢太郎, 都留あゆみ, 大槻怜, 福水道郎, 山元健太郎, 綾部直子, 羽澄恵, 斎藤かおり, 鈴木正泰, 栗山健一.	高齢男性におけるレム睡眠出現率減少および睡眠時間の過大評価と総死亡リスクの関連.	不眠研究.	2021	18-19	2021

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Takeshima M, Otsubo T, Funada D, Murakami M, Usami T, Maeda Y, Yamamoto T, Matsu moto T, Shimane T, Aoki Y, Otowa T, Tani M, Yamana ka G, Sakai Y, Murao T, Inada K, Yamada H, Kikuchi T, Sasaki T, Watanabe N, Mishima K, Takaesu Y.	Does cognitive behavioral therapy assist the discontinuation of benzodiazepines among patients with anxiety disorders? A systematic review and meta-analysis.	Psychiatry Clin Neurosci.	75	119-127	2021
Takeshima M, Ohta H, Hosoya T, Okada M, Iida Y, Mori waki A, Takahashi H, Kamio Y, Mishima K.	Association between sleep habits/disorders and emotional/behavioral problems among Japanese children.	Sci Rep.	11	11438	2021
Ishizuya A, Enomoto M, Tachimori H, Takahashi H, Sugihara G, Kitamura S, Mishima K.	Risk factors for low adherence to methylphenidate treatment in pediatric patients with attention-deficit/hyperactivity disorder.	Sci Rep.	11	1707	2021
三島和夫, 竹島正浩	向精神薬処方適正化と診療報酬	臨床精神薬理	24	499-504	2021
三島和夫	精神科薬物療法の出口戦略ガイドラインおよびその患者用資材	臨床精神薬理	24	879-889	2021

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Kaneko Y, Konno C, Saitoh K, Furuhata R, Kaneita Y, Uchiyama M, Suzuki M	Association of insomnia symptoms and non-restorative sleep with Typus melancholicus: a Japanese general population survey	Sleep and Biological Rhythms		In press	2022
Kurimoto N, Inagaki T, Aoki T, Kadotani H, Kurimoto F, Kuriyama K, Yamada N, Ozeki Y.	Factors causing a relapse of major depressive disorders following successful electroconvulsive therapy: A retrospective cohort study.	World J Psychiatry.	11(10)	841-853.	2021
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Iwasaki A, Nakayama C, Fujiwara K, Sumi Y, Matsuo M, Kano M, Kadotani H.	Screening of Sleep Apnea Based on Heart Rate Variability and Long Short-Term Memory	Sleep and Breathing	25(4)	1821-1829.	2021
角谷寛	睡眠時無呼吸の神経治療学	神経治療学	38(4)	未定	2021
角 幸頼, 尾関 祐二, 角谷 寛	レム睡眠行動障害の神経治療学	神経治療学	38(4)	未定	2021
大道智恵, 角谷寛.	睡眠と呼吸機能	自律神経	58(3)	231-234	2021
角谷寛.	不眠症治療におけるレンボレキサントの位置づけと治療の実際	新薬と臨床	70(11)	42-48	2021

中田ゆかり, 柴田英治, 角谷寛	就寝時の「快眠音」が不眠症疑いの労働者への睡眠潜時に与える影響	厚生指標(厚生労働統計協会)	68(9)	1-7	2021
Kadotani H	Japanese clinical guideline for sleep apnea syndrome (SAS)	Sleep Biol Rhythm	20(1)	3	2022
Sumi Y, Kadotani H, Ozeki Y.	Correlation of antidepressant use and symptom time period in dream enactment behaviors	Mov Disorder Clin Pract.	9(1)	130-131.	2022
Omichi C, Kadotani H, Sumi Y, Ubara A, Nishikawa K, Matsuda A, Ozeki Y, the NinJaSleep Study Group.	Prolonged Sleep Latency and Reduced REM Latency Are Associated with Depressive Symptoms in a Japanese Working Population.	Int J Environ Res Public Health.	19(4)	2112.	2022
Sumi Y, Ubara A, Ozeki Y, Kadotani H.	Minor hallucinations in isolated rapid eye movement sleep behavior disorder indicative of early phenconversion: A preliminary study.	Acta Neurol Scand.	145(3)	348-359	2022
角谷寛.	COVID-19が人々の生活スタイルと心理に与えた影響	クリニシアン	69(1, 通巻693)	6-11	2022
角谷寛.	身体疾患に伴う不眠	老年精神医学	33(1)	25-28.	2022
Yoshiike T, Utsumi T, Matsui K, Nagao K, Saitoh K, Otsuki R, Aritake-Okada S, Suzuki M, Kuriyama K.	Mortality associated with nonrestorative short sleep or nonrestorative long time-in-bed in middle-aged and older adults.	Sci Rep. 2022 Jan 7;12(1):189	12(1)	189	2022
Matsui K, Yoshiike T, Nagao K, Utsumi T, Tsuru A, Otsuki R, Ayabe N, Hazumi M, Suzuki M, Saitoh K, Aritake-Okada S, Inoue Y, Kuriyama K	Association of Subjective Quality and Quantity of Sleep with Quality of Life among a General Population	Int J Environ Res Public Health	18(23)	12835	2021

Saitoh K, Yoshiike T, Kaneko Y, Utsumi M, Matsui K, Nagao K, Otsuki R Aritake S, Kado-tani H, Kuriyama K, Suzuki M	Associations of nonrestorative sleep and insomnia symptoms with incident depressive symptoms over 1–2 years: longitudinal results from the Hispanic Community Health Study/Study of Latinos and Sueño Ancillary Study	Depression & Anxiety	In Press	In Press	In Press
有竹清夏	海外の状況を踏まえて.これからの睡眠医療における検査技師教育の在り方	睡眠医療	15(1)	115-119	2021
Itoh, Y., Takeshima, M., Kaneita, Y., Uchimura, N., Inoue, Y., Honda, M., Yamadera, W., Watanabe, N., Kitamura, S., Okajima, I., Ayabe, N., Nomura, K., Mishima, K.	Associations Between the 2011 Great East Japan Earthquake and Tsunami and the Sleep and Mental Health of Japanese People: A 3-Wave Repeated Survey	Nat Sci Sleep	14	61-73	2022
Aoki, Y., Takaesu, Y., Suzuki, M., Okajima, I., Takeshima, M., Shimura, A., Utsumi, T., Koyamori, N., Yamashita, H., Kuriyama, K., Watanabe, N., Mishima, K.	Development and acceptability of a decision aid for chronic insomnia considering discontinuation of benzodiazepine hypnotics	Neuropsychopharmacol Rep	42	10-20	2022
Yamada, A., Katsuki, F., Kondo, M., Sawada, H., Watanabe, N., Akechi, T.	Association between the social support for mothers of patients with eating disorders, maternal mental health, and patient symptomatic severity: A cross-sectional study	J Eat Disord	9	8	2021

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Oka, T., Ishikawa, S. I., Saito, A., Maruo, K., Stickley, A., Watanabe, N., Sasamori, H., Shioiri, T., Kamio, Y.	Changes in self-efficacy in Japanese school-age children with and without high autistic traits after the Universal Unified Prevention Program: a single-group pilot study	Child Adolesc Psychiatry Ment Health	15	42	2021
Nishizaki, D., Ganeko, R., Hoshino, N., Hida, K., Obama, K., Furukawa, T. A., Sakai, Y., Watanabe, N.	Roux-en-Y versus Billroth-II reconstruction after distal gastrectomy for gastric cancer	Cochrane Database Syst Rev	9	CD012998	2021
Hashimoto, Y., Kotake, K., Watanabe, N., Fujiwara, T., Sakamoto, S.	Lamotrigine in the maintenance treatment of bipolar disorder	Cochrane Database Syst Rev	9	CD013575	2021
Hara, T., Hijikata, Y., Matsubara, Y., Watanabe, N.	Pharmacological interventions versus placebo, no treatment or usual care for osteoporosis in people with chronic kidney disease stages 3-5D	Cochrane Database Syst Rev	9	CD013424	2021
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Korman M, Tkachev V, Reis C, Komada Y, Kitamura S, Gubin D, Kumar V, Roenneberg T.	Outdoor daylight exposure and longer sleep promote wellbeing under COVID-19 mandated restrictions.	J Sleep Res	21	e13471	2021
Tamura N, Komada Y, Inoue Y, Tanaka H.	Social jetlag among Japanese adolescents: Association with irritable mood, daytime sleepiness, fatigue, and poor academic performance.	Chronobiol Int	3	1-12	2021
Matsui K, Komada Y, Okajima I, Takasusu Y, Kuriyama K, Inoue Y.	A Cross-Sectional Study of Evening Hyperphagia and Nocturnal Ingestion: Core Constituents of Night Eating Syndrome with Different Background Factors.	Nutrients	13	4179	2021
Otsuka Y, Kaneita Y, Tanaka K, Itani O, Kaneko Y, Suzuki M, Matsumoto Y, Kuriyama K.	Nonrestorative sleep is a risk factor for metabolic syndrome in the general Japanese population.	Diabetol Metab Syndr.	15(1)	26	2023
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Takaesu Y, Suzuki M, Moline M, Pinner K, Inabe K, Nishi Y, Kuriyama K.	Effect of discontinuation of lemborexant following long-term treatment of insomnia disorder: Secondary analysis of a randomized clinical trial.	Clinical and Translational Science		doi: 10.1111/cts.13470		2022
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鈴木正泰	特集にあたって (特集「不眠への対応 入院患者の「眠れない...」を解消できる! ~睡眠薬の適切な使い方と睡眠衛生指導、せん妄との鑑別、関連する睡眠障害など、研修医が押さえておきたい診療のコツ」)	レジデントノート	24	1646-1647		2022
鈴木正泰	概日リズム睡眠・覚醒障害-DSWPD治療における時間生物学的アプローチと心理学的アプローチの統合-	睡眠医療	16	461-463		2022
大槻怜, 鈴木正泰	気分障害に併存する過眠	精神医学	64	1339-1346		2022
鈴木正泰, 金子宜之, 大槻怜	不眠症の新世代治療	週間医学のあゆみ	281	1045-1047		2022
Kadotani H, Okajima I, Yang K, Lim MH.	Editorial: Impact of Social Isolation and Loneliness on Mental Health and Wellbeing.	Frontiers in Public Health	10	1106216.		2022

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Sumi Y, Masuda F, Kadotani H, Ozaki Y.	The prevalence of depression in isolated/idiopathic rapid eye movement sleep behavior disorder: A systematic review and meta-analysis.	Sleep Med Reviews	65	101684	2022
Kawamura A, Yoshiike T, Matsuo M, Kadotani H, Oike Y, Kawasaki M, Kurumai Y, Nagao K, Takami M, Yamada N, Kuriyama K.	Comparison of the usability of an automatic sleep staging program via portable 1-channel electroencephalograph and manual sleep staging with traditional polysomnography.	Sleep Biol Rhythm	21	85–95	2023

<p>Nishikawa N, Murata M, Hatano T, Mukai Y, Saitoh Y, Sakamoto T, Hanakawa T, Kamei Y, Tachimori H, Hatano K, Matsuda H, Taruno Y, Sawamoto N, Kajiyama Y, Ikenaka K, Kawabata K, Nakamura T, Iwaki H, Kadotani H, Sumi Y, Inoue Y, Hayashi T, Ikeuchi T, Shimo Y, Mochizuki H, Watanabe H, Hattori N, Takahashi Y, Takahashi R.</p>	<p>Idiopathic rapid eye movement sleep behavior disorder in Japan: an observational study: Parkinsonism and Related Disorders.</p>	<p>Parkinsonism & Related Disorders</p>	<p>103</p>	<p>129-135</p>	<p>2022</p>
<p>Kuimoto, Naoki ; O'higashi, Toyohiko; Kadotani, Hiroshi: Ukai, Seiji; Yamada, Maki; Kitano, Masahito ; Kawamoto, Takanori; Enomoto, Hiroki; Hashimoto, Kai; Kurimoto, Fujiki.</p>	<p>Electroconvulsive Therapy Anesthesia Without Raising the Convulsive Threshold With Dexmedetomidine and Remifentanyl.</p>	<p>Journal of ECT</p>	<p>Epub ahead of print.</p>	<p>doi: 10.1097/YCT.0000000000000888</p>	<p>2022</p>

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角谷寛.	縁が絆ぐ ねむりの世界	睡眠口腔医学	9(1)	1	2022
角谷寛.	DHAと睡眠の関わり	食品と開発	58(2)	7-9	2023
Yoshiike T, Utsumi T, Matsui K, Nagao K, Saitoh K, Otsuki R, Aritake-Okada S, Suzuki M, Kuriyama K.	Mortality associated with nonrestorative short sleep or nonrestorative long time-in-bed in middle-aged and older adults.	Sci Rep. 2022 Jan 7;12(1):189	12(1)	189	2022
Saitoh K, Yoshiike T, Kaneko Y, Utsumi M, Matsui K, Nagao K, Otsuki R, Aritake S, Kadotani H, Kuriyama K, Suzuki M.	Associations of nonrestorative sleep and insomnia symptoms with incident depressive symptoms over 1–2 years: longitudinal results from the Hispanic Community Health Study/Study of Latinos and Sueño Ancillary Study.	Depression & Anxiety	9(5):	419-428	2022
有竹清夏	海外の状況を踏まえて.これからの睡眠医療における検査技師教育の在り方	睡眠医療	15(1)	115-119	2022
有竹清夏	睡眠状態誤認.不眠症研究・診療の最新知識.	医学のあゆみ.	281(10)	956-964	2022
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Komada Y.	Effects of loneliness and social isolation on sleep health.	Sleep Biol Rhythms	20	1	2022

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Yoshiike T, Kawamura A, Utsumi T, Matsui K, Kuriyama K.	A prospective study of the association of weekend catch-up sleep and sleep duration with mortality in middle-aged adults.	Sleep Biol Rhythms	21	409-418	2023
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栗山健一	健康日本21の20年の評価-休養に関する最終評価と今後の展望. 特集 健康日本21の20年間の評価と次期プラン.	公衆衛生	88(2)	159-165	2024
竹島正浩	特集 睡眠障害と睡眠薬 2. 不眠をきたす睡眠障害の鑑別	ペインクリニック	45巻2号	129-135	2024

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Saitoh K, Yoshiike T, Kaneko Y, Utsumi T, Matsui K, Nagao K, Kawamura A, Otsuki R, Otsuka Y, Aritake S, Kaneita Y, Kadotani H, Kuriyama K, Suzuki M	The effect of nonrestorative sleep on incident hypertension 1–2 years later among middle-aged Hispanics/Latinos	BMC Public Health	23	1456	2023
Otsuka Y, Itani O, Kaneko Y, Suzuki M, Kaneita Y	Impact of chronotype, insomnia symptoms, sleep duration, and electronic devices on nonrestorative sleep and daytime sleepiness among Japanese adolescents	Sleep Medicine	110	36-43	2023
Suzuki M	Investigation of ways to minimize the risk of health problems associated with accumulated sleep loss	Sleep and Biological Rhythms	21	393-394	2023
Takaesu Y, Sakurai H, Takeshima M, Ie K, Matsui K, Utsumi T, Shimura A, Okajima I, Kotorii N, Yamashita H, Suzuki M, Kuriyama K, Shimizu E, Mishima K, Watanabe K, Inada K	Treatment Strategy for Insomnia Disorder: Japanese Expert Consensus	Frontiers in Psychiatry	14	1168100	2023
Nakajima S, Kaneko Y, Fujii N, Kizuki J, Saitoh K, Nagao K, Kawamura A, Yoshiike T, Kadotani H, Yamada N, Uchiyama M, Kuriyama K, Suzuki M	Transdiagnostic associations between subjective insomnia and depressive symptoms in major psychiatric disorders	Frontiers in Psychiatry	14	1114945	2023
Otsuka Y, Takeshima O, Itani O, Kaneko Y, Suzuki M, Matsumoto Y, Kaneita Y	Trends and socioeconomic inequities in insomnia-related symptoms among Japanese adults from 1995 to 2013	Journal of Affective Disorders	323	540-546	2023

大槻怜, 金子宜之, 鈴木正泰	コロナ禍でみられた睡眠の問題とその対策について	日大医学雑誌	82	127-128	2023
金子宜之, 鈴木正泰	悪夢障害とその治療	臨床精神薬理学	26	807-811	2023
金子宜之, 鈴木正泰	睡眠障害(不眠)に対する治療	日本医師会雑誌	152	1007-1010	2023
鈴木正泰	「眠れない」の鑑別診断	アニムス	115	19-22	2023
鈴木正泰	特集「睡眠障害と睡眠薬」によ せて	ペインクリニック	45	119-120	2024
鈴木正泰	うつ病のバイオマーカーとし ての睡眠脳波	精神医学	66	172-178	2024
Thannickal TC, Kadotani H.	Editorial: Emerging Talents in Sleep Disorders	Frontiers in Neurology	14	1259390	2023
Kawamura A, Yoshiike T, Matsuo M, Kadotani H, Oike Y, Kawasaki M, Kurumai Y, Nagano K, Takami M, Yamada N, Kuriyama K.	Comparison of the usability of an automatic sleep staging program via portable 1-channel electroencephalograph and manual sleep staging with traditional polysomnography	Sleep Biol Rhythm	21	85-95	2023
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Hida A, Iida A, Utsukai M, Kadotani H, Uchiyama M, Ebisawa T, Inoue Y, Kitamura S, Mishima K.	Novel CLOCK and NR1D2 variants in 64 sighted Japanese individuals with non-24-hour sleep-wake rhythm disorder.	Sleep	46(6)	zsad063	2023
Saitoh K, Yoshiike T, Kaneko Y, Utsumi T, Matsui K, Nagao K, Kawamura A, Otsuki R, Otsuka Y, Aritake-Okada S, Kaneita Y, Kadotani H, Kuriyama K, Suzuki M.	The effect of nonrestorative sleep on incident hypertension 1-2 years later among middle-aged Hispanics/Latinos	BMC Public Health	23(1)	1456	2023
角谷寛.	産業保健領域で注意すべき睡眠の問題と対応	京都工場保健会労働衛生ジャーナル 創健	184	3-6	2023
角谷寛.	体内時計と睡眠覚醒	Precision Medicine	6(5)	10-13	2023
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伏見もも, 飯島竜星, 木山水月, 久保川媛加, 菅原このみ, 高倉麻里子, 野口史織, 金野倫子, 有竹(岡田)清夏.	身体運動が若年成人女性の熱放散と睡眠に与える効果.	日本女性心身医学	印刷中		2024
Saitoh K, Yoshiike T, Kaneko Y, Utsumi T, Matsui K, Nagao K, Kawamura A, Otsuki R, Otsuka Y, Aritake-Okada S, Kaneita Y, Kadotani H, Kuriyama K, Suzuki M.	The effect of nonrestorative sleep on incident hypertension 1-2 years later among middle-aged Hispanics/Latinos.	BMC Public Health	23(1)	1456	2023

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Futenma K, Takasu Y, Komada Y, Shimura A, Okajima I, Matsui K, Tanioka K, Inoue Y.	Delayed sleep-wake phase disorder and its related sleep behaviors in the young generation.	Front Psychiatry	19; 14:1174719.		2023
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Yoshiike T, Kawamura A, Utsumi T, Matsui K, Kuriyama K	A prospective study of the association of weekend catch-up sleep and sleep duration with mortality in middle-aged adults.	Sleep Biology & Rhythms	21(4)	409-418	2023
Hazumi M, Kawamura A, Yoshiike T, Matsui K, Kitamura S, Tsuru A, Nagao K, Ayabe N, Utsumi T, Izuhara M, Shinozaki M, Takahashi E, Fukumizu M, Fushimi M, Okabe S, Eto T, Nishi D, Kuriyama K.	Development and validation of the Japanese version of the Bedtime Procrastination Scale (BPS-J)	BMC Psychology	12(1)	56	2024
Saitoh K, Yoshiike T, Kaneko Y, Utsumi T, Matsui K, Nagao K, Kawamura A, Otsuki R, Otsuka Y, Aritake-Okada S, Kaneita Y, Kadotani H, Kuriyama K, Suzuki M.	The effect of nonrestorative sleep on incident hypertension 1-2 years later among middle-aged Hispanics/Latinos.	BMC Public Health	23(1)	1456	2023