

"Telomere & Insomnia/Sleep" Articles

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No.	Title	First Author	Journal/Book/Page	Publication Year	Create Date	PMID	High Relevance
1	Premature Aging Among Trauma Survivors-The Longitudinal Implications of Sleep Disruptions on Telomere Length and Cognitive Performance	Aloni R	J Gerontol B Psychol Sci Soc Sci. 2021 Jan 18;76(2):262-272.	2021	2019/6/4	31155651	
2	Telomere shortening velocity of patients administered with hypnotics is accelerated in a gender-differential manner	Maeda T	Can J Physiol Pharmacol. 2021 Mar;99(3):278-283.	2021	2020/7/21	32687724	
3	Association of Obstructive Sleep Apnea with the Aging Process	Pinilla L	Ann Am Thorac Soc. 2021 Sep;18(9):1540-1547.	2021	2021/3/4	33662230	
4	Postpartum sleep loss and accelerated epigenetic aging	Carroll JE	Sleep Health. 2021 Jun;7(3):362-367.	2021	2021/4/27	33903077	
5	Vascular and renal telomere shortening in mice exposed to chronic intermittent hypoxia	Badran M	Can J Physiol Pharmacol. 2021 Oct;99(10):1112-1113.	2021	2021/5/5	33951396	
6	Klotho genetic variants mediate the association between obstructive sleep apnea and short telomere length	Tempaku PF	Sleep Med. 2021 Jul;83:210-213.	2021	2021/5/28	34049038	*
7	Childhood adversities are associated with shorter leukocyte telomere length at adult age in a population-based study	Ämmälä AJ	Psychoneuroendocrinology. 2021 Aug;130:105276.	2021	2021/5/29	34051657	
8	Evidence for Biological Age Acceleration and Telomere Shortening in COVID-19 Survivors	Mongelli A	Int J Mol Sci. 2021 Jun 7;22(11):6151.	2021	2021/7/2	34200325	
9	Consumer Wearables and the Integration of New Objective Measures in Oncology: Patient and Provider Perspectives	Fonseka LN	JMIR Mhealth Uhealth. 2021 Jul 15;9(7):e28664.	2021	2021/7/15	34264191	
10	Changes in telomere length and serum neurofilament light chain levels in female patients with chronic insomnia disorder	Ren CY	J Clin Sleep Med. 2021 Jul 28.	2021	2021/7/28	34319229	*
11	Sleep duration, Health Promotion Index (HPI), sRAGE and ApoE-ε4 genotype are associated with telomere length (TL) in healthy elderly Australians	Dhillon VS	J Gerontol A Biol Sci Med Sci. 2021 Sep 11:glab264.	2021	2021/9/11	34508574	*
12	The effects of 6-month hydrogen-rich water intake on molecular and phenotypic biomarkers of aging in older adults aged 70 years and over: A randomized controlled pilot trial	Zanini D	Exp Gerontol. 2021 Nov;155:111574.	2021	2021/10/3	34601077	
13	The Effect of the Severity of Obstructive Sleep Apnea on Leukocyte Telomere Length, 25 Hydroxy Vitamin D, and Parathyroid Hormonal Concentrations in Asian Indians	Bhatt SP	Front Neurol. 2021 Oct 26;12:682739.	2021	2021/11/12	34764923	

14	Obstructive Sleep Apnea as an Acceleration Trigger of Cellular Senescence Processes through Telomere Shortening	Turkiewicz S	Int J Mol Sci. 2021 Nov 21;22(22):12536.	2021	2021/11/27	34830418	
15	Sleep and Biological Aging: A Short Review	Carroll JE	Curr Opin Endocr Metab Res. 2021 Jun;18:159-164.	2021	2021/12/13	34901521	
16	Characterization of Stress Responses in a Drosophila Model of Werner Syndrome	Epiney DG	Biomolecules. 2021 Dec 12;11(12):1868.	2021	2021/12/24	34944512	
17	Effect of Physical Activity, Smoking, and Sleep on Telomere Length: A Systematic Review of Observational and Intervention Studies	Barragán R	J Clin Med. 2021 Dec 24;11(1):76.	2021	2022/1/11	35011817	*
18	Objectively measured sleep and telomere length in a population-based cohort of children and midlife adults	Nguyen MT	Sleep. 2020 Jan 13;43(1):zsz200.	2020	2019/11/17	31732749	
19	Association of sleep quality with telomere length, a marker of cellular aging: A retrospective cohort study of older adults in the United States	Iloabuchi C	Sleep Health. 2020 Aug;6(4):513-521.	2020	2020/4/2	32229187	*
20	Genomics of aging: Genes, adducts, and telomeres	Wysocki K	J Am Assoc Nurse Pract. 2020 Jun;32(6):419-422.	2020	2020/6/9	32511191	
21	Maternal stress or sleep during pregnancy are not reflected on telomere length of newborns	Ämmälä AJ	Sci Rep. 2020 Aug 19;10(1):13986.	2020	2020/8/21	32814800	
22	Impact of circadian disruption on health; SIRT1 and Telomeres	Osum M	DNA Repair (Amst). 2020 Dec;96:102993.	2020	2020/10/10	33038659	
23	Telomere lengths in women treated for breast cancer show associations with chemotherapy, pain symptoms, and cognitive domain measures: a longitudinal study	Alhareeri AA	Breast Cancer Res. 2020 Dec 4;22(1):137.	2020	2020/12/5	33276807	
24	State of the Science: Using Telomeres as Biomarkers During the First 1,000 Days of Life	Oerther S	West J Nurs Res. 2019 Feb;41(2):305-325.	2019	2018/3/6	29504461	
25	Exposure to different intrauterine environments: implications for telomere attrition in early life	Werlang ICR	J Matern Fetal Neonatal Med. 2019 Nov;32(21):3675-3684.	2019	2018/4/24	29681194	
26	Effect of oral appliance on circulating leukocyte telomere length and SIRT1 in obstructive sleep apnea	Lin CC	Clin Oral Investig. 2019 Mar;23(3):1397-1405.	2019	2018/7/22	30030618	
27	The goddess who spins the thread of life: Klotho, psychiatric stress, and accelerated aging	Wolf EJ	Brain Behav Immun. 2019 Aug;80:193-203.	2019	2019/3/16	30872092	
28	Obstructive sleep apnea, nighttime arousals, and leukocyte telomere length: the Multi-Ethnic Study of Atherosclerosis	Carroll JE	Sleep. 2019 Jul 8;42(7):zsz089.	2019	2019/4/18	30994174	*
29	Telomere Length and Risk of Major Adverse Cardiac Events and Cancer in Obstructive Sleep Apnea Patients	Polonis K	Cells. 2019 Apr 26;8(5):381.	2019	2019/4/28	31027347	

30	Higher Number of Night Shifts Associates with Good Perception of Work Capacity and Optimal Lung Function but Correlates with Increased Oxidative Damage and Telomere Attrition	Pavanello S	Biomed Res Int. 2019 Apr 11;2019:8327629.	2019	2019/5/22	31111068	
31	A Cross-Sectional Analysis of Telomere Length and Sleep in the Women's Health Initiative	Grieshaber L	Am J Epidemiol. 2019 Sep 1;188(9):1616-1626.	2019	2019/5/31	31145433	*
32	Investigating the Role of the Hypothalamus in Outcomes to Repetitive Mild Traumatic Brain Injury: Neonatal Monosodium Glutamate Does Not Exacerbate Deficits	Yamakawa GR	Neuroscience. 2019 Aug 10;413:264-278.	2019	2019/6/30	31254543	
33	Delayed sleep-onset and biological age: late sleep-onset is associated with shorter telomere length	Wynchank D	Sleep. 2019 Oct 9;42(10):zsz139.	2019	2019/7/5	31270544	*
34	Population health bio-phenotypes in 11-12 year old children and their midlife parents: Growing Up in Australia's Child Health CheckPoint	Wake M	BMJ Open. 2019 Jul 4;9(Suppl 3):1-2.	2019	2019/7/6	31273011	
35	Re: "Decreased Levels of Anti-Aging Klotho in Obstructive Sleep Apnea" by Páko et al. (Rejuvenation Res 2019 [Epub ahead of print]; DOI: 10.1089/rej.2019.2183)	Tempaku PF	Rejuvenation Res. 2019 Aug;22(4):364-365.	2019	2019/7/27	31347454	
36	Digital phenotyping by consumer wearables identifies sleep-associated markers of cardiovascular disease risk and biological aging	Teo JX	Commun Biol. 2019 Oct 4;2:361.	2019	2019/10/12	31602410	
37	Folic Acid Supplementation Suppresses Sleep Deprivation-Induced Telomere Dysfunction and Senescence-Associated Secretory Phenotype (SASP)	Zhang X	Oxid Med Cell Longev. 2019 Dec 14;2019:4569614.	2019	2020/1/18	31949878	*
38	Short Telomere Length is Associated with Aging, Central Obesity, Poor Sleep and Hypertension in Lebanese Individuals	Zgheib NK	Aging Dis. 2018 Feb 1;9(1):77-89.	2018	2018/2/3	29392083	*
39	Systematic review of pediatric health outcomes associated with childhood adversity	Oh DL	BMC Pediatr. 2018 Feb 23;18(1):83.	2018	2018/2/25	29475430	
40	The association between obstructive sleep apnea and shortened telomere length: a systematic review and meta-analysis	Huang P	Sleep Med. 2018 Aug;48:107-112.	2018	2018/6/9	29883927	*
41	The paradigm of obstructive sleep apnea in aging: interactions with telomere length	Tempaku PF	Sleep Med. 2018 Aug;48:155-156.	2018	2018/6/30	29957485	
42	A Bump on the Head or Late to Bed: Behavioral and Pathophysiological Effects of Sleep Deprivation after Repetitive Mild Traumatic Brain Injury in Adolescent Rats	Salberg S	J Neurotrauma. 2018 Aug 15;35(16):1895-1905.	2018	2018/8/4	30074871	
43	Effects of Meditation and Music-Listening on Blood Biomarkers of Cellular Aging and Alzheimer's Disease in Adults with Subjective Cognitive Decline: An Exploratory Randomized Clinical Trial	Innes KE	J Alzheimers Dis. 2018;66(3):947-970.	2018	2018/10/16	30320574	
44	Long Sleep Duration, Insomnia, and Insomnia With Short Objective Sleep Duration Are Independently Associated With Short Telomere Length	Tempaku P	J Clin Sleep Med. 2018 Dec 15;14(12):2037-2045.	2018	2018/12/7	30518442	*
45	Short Telomere Length and Endophenotypes in Sleep Medicine	Vgontzas AN	J Clin Sleep Med. 2018 Dec 15;14(12):1975-1977.	2018	2018/12/7	30518458	*

46	Stronger Association between Insomnia Symptoms and Shorter Telomere Length in Old HIV-Infected Patients Compared with Uninfected Individuals	Ding Y	Aging Dis. 2018 Dec 4;9(6):1010-1019.	2018	2018/12/22	30574414	
47	Obstructive sleep apnea risk and leukocyte telomere length in African Americans from the MH-GRID study	Riestra P	Sleep Breath. 2017 Sep;21(3):751-757.	2017	2017/1/14	28083855	*
48	Protocol for the MATCH study (Mindfulness and Tai Chi for cancer health): A preference-based multi-site randomized comparative effectiveness trial (CET) of Mindfulness-Based Cancer Recovery (MBCR) vs. Tai Chi/Qigong	Carlson LE	Contemp Clin Trials. 2017 Aug;59:64-76.	2017	2017/6/4	28576734	
49	Restless roosts: Light pollution affects behavior, sleep, and physiology in a free-living songbird	Ouyang JQ	Glob Chang Biol. 2017 Nov;23(11):4987-4994.	2017	2017/6/10	28597541	
50	Sleep Duration and Telomere Length in Children	James S	J Pediatr. 2017 Aug;187:247-252.e1.	2017	2017/6/13	28602380	
51	[Association between sleep and leukocyte telomere length in middle-aged and older adults]	Liu HF	Zhonghua Liu Xing Bing Xue Za Zhi. 2017 Jul 10;38(7):889-892.	2017	2017/7/25	28738460	*
52	Obstructive Sleep Apnea and Hallmarks of Aging	Gaspar LS	Trends Mol Med. 2017 Aug;23(8):675-692.	2017	2017/7/26	28739207	
53	Moderate-to-severe obstructive sleep apnea is associated with telomere lengthening	Polonis K	Am J Physiol Heart Circ Physiol. 2017 Nov 1;313(5):H1022-H1030.	2017	2017/8/21	28822964	*
54	Association between Snoring and Leukocyte Telomere Length	Shin C	Sleep. 2016 Apr 1;39(4):767-72.	2016	2015/12/31	26715224	
55	Insomnia and Telomere Length in Older Adults	Carroll JE	Sleep. 2016 Mar 1;39(3):559-64.	2016	2015/12/31	26715231	*
56	The role of childhood trauma in bipolar disorders	Aas M	Int J Bipolar Disord. 2016 Dec;4(1):2.	2016	2016/1/15	26763504	
57	Baseline biopsychosocial determinants of telomere length and 6-year attrition rate	Révész D	Psychoneuroendocrinology. 2016 May;67:153-62.	2016	2016/2/22	26897704	
58	Mindfulness-based interventions for coping with cancer	Carlson LE	Ann N Y Acad Sci. 2016 Jun;1373(1):5-12.	2016	2016/3/11	26963792	
59	The importance of sleep in the association between perceived stress and telomere length	Tempaku PF	Brain Behav Immun. 2016 Aug;56:412.	2016	2016/4/27	27112383	
60	Telomere Shortening in Middle-Aged Men with Sleep-disordered Breathing	Boyer L	Ann Am Thorac Soc. 2016 Jul;13(7):1136-43.	2016	2016/5/11	27163410	*
61	Interaction between Obstructive Sleep Apnea and Shortened Telomere Length on Brain White Matter Abnormality	Choi KM	Sleep. 2016 Sep 1;39(9):1639-45.	2016	2016/7/12	27397571	*

62	The effect of the severity of obstructive sleep apnea syndrome on telomere length	Tempaku PF	Oncotarget. 2016 Oct 25;7(43):69216-69224.	2016	2016/10/1	27690344	*
63	Oxidative Stress-induced Telomere Length Shortening of Circulating Leukocyte in Patients with Obstructive Sleep Apnea	Kim KS	Aging Dis. 2016 Oct 1;7(5):604-613.	2016	2016/10/5	27699083	*
64	A hypothetic aging pathway from skin to hypothalamic suprachiasmatic nucleus via slow wave sleep	Cai ZJ	Sleep Sci. 2016 Jul-Sep;9(3):212-215.	2016	2017/1/27	28123663	
65	Determinants of telomere attrition over 1 year in healthy older women: stress and health behaviors matter	Puterman E	Mol Psychiatry. 2015 Apr;20(4):529-35.	2015	2014/7/30	25070535	
66	Association between maternal symptoms of sleep disordered breathing and fetal telomere length	Salihu HM	Sleep. 2015 Apr 1;38(4):559-66.	2015	2014/10/18	25325479	*
67	Tired telomeres: Poor global sleep quality, perceived stress, and telomere length in immune cell subsets in obese men and women	Prather AA	Brain Behav Immun. 2015 Jul;47:155-62.	2015	2014/12/24	25535858	*
68	The association between leukocyte telomere lengths and sleep instability based on cardiopulmonary coupling analysis	Kwon AM	Sleep Breath. 2015 Sep;19(3):963-8.	2015	2015/1/29	25628010	
69	Telomere length as a marker of sleep loss and sleep disturbances: a potential link between sleep and cellular senescence	Tempaku PF	Sleep Med. 2015 May;16(5):559-63.	2015	2015/4/20	25890781	*
70	An integrative review of factors associated with telomere length and implications for biobehavioral research	Starkweather AR	Nurs Res. 2014 Jan-Feb;63(1):36-50.	2014	2013/12/17	24335912	
71	The history of sleep apnea is associated with shorter leukocyte telomere length: the Helsinki Birth Cohort Study	Savolainen K	Sleep Med. 2014 Feb;15(2):209-12.	2014	2013/12/24	24360984	*
72	Cellular aging and restorative processes: subjective sleep quality and duration moderate the association between age and telomere length in a sample of middle-aged and older adults	Cribbet MR	Sleep. 2014 Jan 1;37(1):65-70.	2014	2014/1/29	24470696	*
73	Telomere length is associated with sleep duration but not sleep quality in adults with human immunodeficiency virus	Lee KA	Sleep. 2014 Jan 1;37(1):157-66.	2014	2014/1/29	24470704	
74	Monosomy 1p36 - a multifaceted and still enigmatic syndrome: four clinically diverse cases with shared white matter abnormalities	Öiglane-Shlik E	Eur J Paediatr Neurol. 2014 May;18(3):338-46.	2014	2014/2/18	24529875	
75	A nested case-controlled comparison of telomere length and psychological functioning in breast cancer survivors with and without insomnia symptoms	Garland SN	Rejuvenation Res. 2014 Oct;17(5):453-7.	2014	2014/8/12	25111028	
76	Relaxation response induces temporal transcriptome changes in energy metabolism, insulin secretion and inflammatory pathways	Bhasin MK	PLoS One. 2013 May 1;8(5):e62817.	2013	2013/5/8	23650531	
77	Multisystem resiliency moderates the major depression-telomere length association: findings from the Heart and Soul Study	Puterman E	Brain Behav Immun. 2013 Oct;33:65-73.	2013	2013/6/4	23727245	

78	Short sleep duration is associated with shorter telomere length in healthy men: findings from the Whitehall II cohort study	Jackowska M	PLoS One. 2012;7(10):e47292.	2012	2012/11/13	23144701	*
79	Childhood adversity heightens the impact of later-life caregiving stress on telomere length and inflammation	Kiecolt-Glaser JK	Psychosom Med. 2011 Jan;73(1):16-22.	2011	2010/12/15	21148804	
80	[Alteration of telomere length of the peripheral white blood cells in patients with obstructive sleep apnea syndrome]	LIN L	Nan Fang Yi Ke Da Xue Xue Bao. 2011 Mar;31(3):457-60.	2011	2011/3/23	21421482	
81	Employment and work schedule are related to telomere length in women	Parks CG	Occup Environ Med. 2011 Aug;68(8):582-9.	2011	2011/5/5	21540175	
82	Associations between rotating night shifts, sleep duration, and telomere length in women	Liang G	PLoS One. 2011;6(8):e23462.	2011	2011/8/20	21853136	*
83	Shorter leukocyte telomere length in midlife women with poor sleep quality	Prather AA	J Aging Res. 2011;2011:721390.	2011	2011/11/3	22046530	*
84	Leukocyte telomere length and plasma catestatin and myeloid-related protein 8/14 concentrations in children with obstructive sleep apnea	Kim J	Chest. 2010 Jul;138(1):91-9.	2010	2010/3/20	20299626	
85	Telomere shortening in sleep apnea syndrome	Barceló A	Respir Med. 2010 Aug;104(8):1225-9.	2010	2010/5/1	20430605	*
86	An hPer2 phosphorylation site mutation in familial advanced sleep phase syndrome	Toh KL	Science. 2001 Feb 9;291(5506):1040-3.	2001	2001/3/10	11232563	