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ORIGINAL ARTICLE

Global Trends and Research Hotspots in Insomnia: A Multi-Dimensional Scientometric Analysis from 2016-2025

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ABSTRACT

Goal: Persistent trouble getting or staying asleep is the hallmark of insomnia, a sleep condition that causes severe daily exhaustion, mood swings, and diminished functioning. It is a sign of underlying problems like stress, anxiety, or bad behaviors rather than a deliberate activity, and it frequently poses serious long-term health hazards.

Design/methodology/approach: According to the search results, the query "Insomnia Design/methodology/approach" is related to two different areas: developers utilize Insomnia, an open-source desktop program, to design, debug, and test REST and GraphQL APIs. Approach (Design-First): It enables developers to deal with API specifications (OpenAPI/Swagger) prior to developing code by supporting a "design-first" workflow. Methodology: Spec-Driven Design: OpenAPI YAML specifications with real-time visual previews can be written or imported using the "Design" tab.

Finding: Insomnia is a common sleep condition that causes weariness and decreased functioning during the day. It is defined by trouble falling or staying asleep or by waking up too early. Experiencing these symptoms at least three nites a week for three months or more is considered a chronic case. These symptoms are frequently brought on by stress, mental health problems, bad habits, or underlying medical diseases.

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Research Limitation: Research on insomnia is constrained by a strong emphasis on self-reported, subjective data rather than objective measurements, which leads to varying diagnostic standards between studies. Small sample sizes in neuroimaging, a dearth of long-term longitudinal research, and challenges differentiating between primary insomnia and comorbidities are important limitations.

Useful Consequences: From everyday cognitive impairment and safety risks to long-term health decline, insomnia has serious practical ramifications. It results in weariness, mood swings (such as anxiety or despair), and diminished productivity at work. Physically, it raises the risk of diabetes, high blood pressure, and heart disease. Economically, it results in expensive healthcare expenses and lost output.

Originality/value: The most common sleep condition, insomnia, affects 10–30% of people and is defined by non-restorative sleep or trouble falling or staying asleep, along with impairment during the day. Its value stems from its high prevalence, enormous economic impact (more than $100 billion annually in the US), and role as a risk factor for both physical and mental health conditions. Its uniqueness as a research topic stems from the growing understanding of it as a systemic, neurobiological disorder rather than just a symptom.

KEYWORDS

• Scientometric • Insomnia • RGR • Time series analysis • Highly cited paper • RCI • Vos Viewer • RStudio

INTRODUCTION

An inability to fall asleep or stay asleep thru the nite is known as insomnia. Some people find sleeplessness to be a hassle. Others may find it to be a significant interruption. There are multiple reasons for it. Approximately one in three persons worldwide suffer from symptoms of sleeplessness. Chronic (long-term) insomnia, lasting at least three months, affects about 10% of individuals. There are several reasons why your body requires good sleep. Lack of sleep can lead to sleep deprivation. You might not be able to perform at your best as a result. If you experience signs of insomnia, let your doctor know. You can have better sleep with treatment. When insomnia is severe or persistent, some of its effects become hazardous. There are various possible signs of insomnia, such as: difficulty falling asleep, the most frequent occurrence is waking up in the middle of the nite and then going back to sleep. Being unable to go back to sleep after waking up too early, Feeling worn out, ill, or drowsy, Reactions that are delayed, like reacting too slowly while driving, problems with memory, slowed thinking, disorientation, or difficulty focusing, Mood swings, such as irritation, anxiety, and depression, problems with job, social interactions, hobbies, or other daily tasks.

The exact cause of sleeplessness is unknown to experts. However, they believe there are numerous contributing elements. Among the things that could lead to or exacerbate it are: Genetics and family history: Sleep disorders and characteristics appear to run in families. Brain differences: Your capacity to sleep may be impacted by changes in brain chemistry or a more active brain. Your routine and habits: Your sleeping patterns may be a factor in insomnia. This cover taking naps, setting your bedtime, drinking coffee, and other behaviors. In stimulus control therapy, you engage in sleep-related activities (such as lying down when you're tired) and refrain from engaging in non-sleep-related activities (such as watching TV). Other suggestions include avoiding naps and rising at the same time each day. Sleep hygiene: You will learn how to enhance your sleep hygiene from your therapist. For instance, you should make your bedroom comfortable and abstain from alcohol and caffeine before bed. Cognitive therapy: Treating unfavorable ideas, attitudes, or feelings associated with sleep or the consequences of insomnia.1–6

REVIEW OF LITERATURE

Verma *et. al.* (2025).[7] According to the data, there were a maximum of 24,456 citations in 2021 and a maximum of 1852 publications

in 2023. Cybersecurity, cyberattacks, cyber-threats, cyber risks, IT security, malware, phishing, ransomware, and general IT protection were among the main research topics. China possesses the world's largest research network, along with the United States, India, and the United Kingdom. This study uses scientometric laws to examine global cybersecurity research trends from 2000 to 2024. In the current digital age, cybersecurity affects international networks and systems and transcends national borders. Researchers, decision-makers, the financial industry, and social media platforms can use this scientometric study's insightful findings to better understand current cybersecurity research trends and create legislation that will benefit their countries.

Mohamed Y.I. Helal *et.al*. (2026).[8] A bibliometric analysis of 3,086 English-language publications from Web of Science (WOS) and Scopus was carried out. Using VOS viewer, citation, co-citation, and keyword co-occurrence analyzes were carried out, enabling the identification of well-known authors, journals, collaboration networks, and developing themes. The co-citation and keyword co-occurrence clusters revealed four primary research themes: AI-powered automation and robotics; sentiment analysis and opinion mining; generative AI and conversational agents; and AI-powered smart hospitality and Internet of Things (IoT) integration. The study creates a theme-based research roadmap to link the identified clusters to future research questions on ethical governance, human-AI collaboration, employee AI literacy, sustainability, multimodal sentiment analysis, automation and robotics, cross-cultural algorithmic adaptability, and explainable AI.

Shahid Rafiq *et. al*. (2026).[9] In the digital age, media and information literacy (MIL) has emerged as a crucial educational priority, giving students the skills, they need to successfully navigate complex media settings, dispel false information, and use digital technology responsibly. Over the past 20 years, scholarly interest in MIL has increased significantly; nevertheless, there is still a dearth of systematic global mapping of research patterns. A thorough bibliometric analysis of 2,866 peer-reviewed articles about MIL in educational settings that were indexed in the Web of Science Core Collection between 2000 and 2025 is presented in this work. We looked at publication trends, prominent writers, top organizations and nations, intellectual frameworks, and thematic development using R's Bibliometrix package. The findings show a significant rise in MIL research after 2010, which corresponds with growing worries about social media influence in educational settings, digital citizenship, and fake news. While collaborative networks demonstrate growing participation from Asia and Latin America, the United States, the United Kingdom, and Australia emerged as the leading contributors.

Santhosh Kumar, K. T. (2026).[10] Using the Dimensions.ai database, this study provides a thorough bibliometric and altmetric analysis of Chemical Science research conducted at Kuvempu University between 1992 and 2023. Beyond conventional measures, it seeks to assess publishing productivity, citation effect, and the digital footprint of scholarly works. Altmetric Attention Scores (AAS), co-authorship networks, and citation patterns were examined in 1,180 papers. Online visibility and engagement diversity were evaluated using descriptive statistics, multiple regression, and Shannon entropy analyzes. Journal papers made up the great bulk of the research output's 22,412 citations, with an average of 19.01 per publication (1,127). The Journal of Electroanalytical Chemistry and the European Journal of Medicinal Chemistry were two of the top journals in terms of citation impact. Online engagement is primarily centered within academic readership platforms, particularly Mendeley (94.1% of interactions), rather than public or media channels, according to Altmetric analysis of the top 10 articles. Geographical study of tweeting activity, however, showed a significant level of worldwide diversity, with India accounting for the biggest percentage (31.71%).

OBJECTIVES

To examine how quickly literature has grown and been published during the time that Insomnia has been published.

To examine the RGR and doubling time of the publications during the course of the study.

To determine which organizations and authors are most active in the field of insomnia.

To examine how research articles published in journals and publications are distributed by nation.

To ascertain the form-based distribution of articles in the field of insomnia.

To ascertain the funding organization and keywords for the study articles.

To ascertain the Time Serious examination of studies in insomnia-related publications.

To review the much-cited paper on time series analysis and sleeplessness.

METHODOLOGY

The researcher obtained the required study data from the online version of the Scopus database on insomnia. For the current analysis, it is the main source of data from 2016 to 2025. After utilizing Insomnia to search a specific field in the database: ((TITLE-ABS-KEY (" Insomnia") OR TITLE-ABS-KEY (" Transient insomnia")) AND PUBYEAR > 2015 AND PUBYEAR < 2026), the researcher discovered 1,512 items. A Microsoft Excel document containing the data for the Scopus database was created on December 6, 2025.

Data Analysis and Interpretation

Year-Wise Growth Insomnia Research Publication

Table 1: Year-Wise Growth Insomnia Research Publication

Year	Publications	%	Cum	%	Citations	%	H-index	CPP	RCI
2016	155	10.25	155	1.78	314	0.86	8.00	2.03	0.08
2017	171	11.31	326	3.74	1153	3.17	16.00	6.74	0.28
2018	172	11.38	498	5.71	1991	5.47	24.00	11.58	0.48
2019	169	11.18	667	7.64	2551	7.01	25.00	15.09	0.63
2020	155	10.25	822	9.42	4151	11.40	34.00	26.78	1.11
2021	156	10.32	978	11.21	5058	13.89	37.00	32.42	1.35
2022	147	9.72	1125	12.89	5188	14.25	37.00	35.29	1.47
2023	136	8.99	1261	14.45	5513	15.14	41.00	40.54	1.68
2024	122	8.07	1383	15.85	5323	14.62	46.00	43.63	1.81
2025	129	8.53	1512	17.33	5162	14.18	44.00	40.02	1.66
Total	1,512	100.00	8727	100.00	36404	100.00			

Using a sample of 1512 articles published in the field of insomnia, Table 01 shows the evolution of research publications released over the study period from 2016 to 2025. The greatest number of articles—172 (11.38%)—were published in 2018. The second-highest number of publications, 171 (11.31%), were published in 2017. The most prolific years are thought to have been these two. Over these two years, the output of publications rose to 22.69%. But in 2024, just 122 papers (0.07%) were published. With a Hirsch-index of 41, a Citation Per Paper of 40.54, and a Relative Citation Impact of 1.68, the greatest number of research papers is 5513 (15.14%). 5323 (14.62%) research publications with a Hirsch-index of 46, a Citation Per Paper of 43.63, and a Relative Citation Impact of 1.81 come next. The research articles with the fewest citations are 314 (0.86%), with a Hirsch-index of 8, a Citation per Paper of 2.03, and a Relative Citation Impact of 0.08.

RGR and doubling time (Dt)

The relative growth of publications was analysed by using the two parameters, namely relative growth rate and doubling time, originated by **Mahapatra (1985).**[11] RGR is a measure to study the increases in the number of articles over a period of time. It is calculated as.

$$R(a) = \frac{(W_2 - W_1)}{(T_2 - T_1)}$$

Whereas

R(a) = RGR = the mean relative growth rate over the specific period of interval

W_1 = the logarithm of the beginning number of publications/pages

W_2 = the logarithm of the ending number of publications/pages after a specific period of interval

$T_2 - T_1$ = the unit difference between the beginning time and the ending time.

Doubling Time

The doubling time is the time required to double the number of records published within a specified time period. The doubling time is determined using the relative growth rate and the natural logarithm number, with a difference of 0.693. Thus, the following formula can be used to compute the relevant doubling time:

$$Dt = \frac{0.693}{R(a)}$$

RGR and Doubling time in the field of Insomnia Research Publication

Table 2: RGR and Doubling time in the field of Insomnia Research Publication

Year	Publications	Cumulative	W1	W2	RGR	Dt
2016	155	3218		8.08		
2017	171	326	8.08	5.79	2.29	0.30
2018	172	498	5.79	6.21	0.42	1.64
2019	169	667	6.21	6.50	0.29	2.38
2020	155	822	6.50	6.71	0.21	3.33
2021	156	978	6.71	6.89	0.17	4.01
2022	147	1125	6.89	7.03	0.14	4.97
2023	136	1261	7.03	7.14	0.11	6.10
2024	122	1383	7.14	7.23	0.09	7.54
2025	129	1512	7.23	7.32	0.09	7.80
Total	1512	11790				

Table 2 clearly shows the mean RGR and doubling time of the publications in the field of insomnia over the course of the study. An article's RGR has gradually decreased over the designated study period, from 2.29 in 2017 to 0.09 in 2025. The doubling time of article publication gradually increases from 0.30 in 2017 to 7.80 in 2025. The discussion above encapsulates the article's RGR's steady decrease. Conversely, the articles' doubling time progressively rose.

Most Prolific Authors in the Field of Insomnia Research Publication

Table 3: Most Prolific Authors in the Field of Insomnia Research Publication

Authors	Country	Publications	%	Citations	%	H-Index	CPP	RCI
Dauvilliers, Y.	United States	28	22.05	966	56.56	16.00	34.50	2.57
Perlis, M.L.	China	15	11.81	632	37.00	11.00	42.13	3.13
Redline, S.	United Kingdom	13	10.24	773	45.26	12.00	59.46	4.42
Van Someren, E.J.W.	Canada	13	10.24	1134	66.39	12.00	87.23	6.49
Riemann, D.	Australia	11	8.66	398	23.30	7.00	36.18	2.69
Buysse, D.J.	France	10	7.87	442	25.88	10.00	44.20	3.29
Grandner, M.A.	Italy	10	7.87	428	25.06	7.00	42.80	3.18
Younes, M.	Japan	10	7.87	272	15.93	9.00	27.20	2.02
Huang, Z.L.	Germany	9	7.09	226	13.23	7.00	25.11	1.87
Barateau, L.	Switzerland	8	6.30	260	15.22	7.00	32.50	2.42
Total		127	100.00	5531	323.83			

The authors who have written the most about insomnia are shown in Table 3 Edison, P. has contributed the most research articles in the US, with 28 (22.05%). Redline, S. J. has 13 (10.24%) research publications in the UK, whereas Perlis, M.L. has 15 (11.81%) in China. Barateau, L., the lowest author, has eight research papers in Switzerland (6.30%). The research publications with the most citations, 1134 (66.39%), have an Hirsch-index of 12, a

Citation Per Paper of 87.23, and an Relative Citation Impact of 6.49; those with the second-highest number, 966 (56.56%), have an Hirsch-index of 16, a Citation Per Paper of 34.50, and an Relative Citation Impact of 2.57. The 226 (13.23%) research publications with the fewest citations have a Hirsch-index of 7, a Citation per Paper of 25.11, and a Relative Citation Impact of 1.87.

Country-wise Distribution of Insomnia Research Publication

Table 4: Country-wise Distribution of Insomnia Research Publication

Country	No. of articles	%	Citations	%	H-index	CPP	RCI
United States	563	38.91	16662	13.48	66.00	29.60	0.35
China	183	12.65	3222	2.61	30.00	17.61	0.21
United Kingdom	101	6.98	4043	3.27	32.00	40.03	0.47
Canada	97	6.70	4106	3.32	31.00	42.33	0.50
Australia	95	6.57	3123	2.53	31.00	32.87	0.38
France	92	6.36	2380	1.92	27.00	25.87	0.30
Italy	88	6.08	2857	2.31	29.00	32.47	0.38
Japan	83	5.74	1573	1.27	23.00	18.95	0.22
Germany	82	5.67	1725	1.40	24.00	21.04	0.25
Switzerland	63	4.35	2387	1.93	27.00	37.89	0.44
Total	1447	100.00	42078	34.03			

Editor The geographical distribution of publications is shown in Table 4. The United States supplied the most articles (more than 563, or 38.91%) out of 1447, followed by China (183, or 12.65%) and the United Kingdom (101, or 6.98%). Together, these three nations accounted for around 58.54% of all publications in the topic of insomnia worldwide. Furthermore, research papers from Canada accounted for 97 articles (6.70%), Australia for 95 articles (6.57%), France for 92 articles (6.36%), Italy for 88 articles (6.08%), Japan for 83 articles (5.74%), Germany for 82 articles (5.67%), and Switzerland for 63 articles (4.35%). With a Hirsch-index of 66, a Citation per Paper of 29.60, and a Relative Citation Impact of 0.35, the greatest number of research papers is 16662 (13.98%). With a Hirsch-index of 31, a Citation per Paper of 42.33, and a Relative Citation Impact of 0.50, 4106 (3.32%) research papers rank second. The Hirsch-index is 23, the Citation Per Paper is 18.95, the Relative Citation Impact is 0.22, and the lowest number of citations is 1573 (1.27%) research papers.

Top ten Research Institutions in Insomnia Research Publication

Table 5: Top ten Research Institutions in Insomnia Research Publication

Institutions	Publications	%	Citations	%	H-Index	CPP	RCI
Harvard Medical School	72	18.32	3081	12.98	28.00	42.79	0.71
Inserm	54	13.74	1670	7.03	21.00	30.93	0.51
Beth Israel Deaconess Medical Center	39	9.92	1807	7.61	18.00	46.33	0.77
University of Pennsylvania	38	9.67	2863	12.06	21.00	75.34	1.25
Brigham and Women's Hospital	38	9.67	1784	7.52	18.00	46.95	0.78
University of Pennsylvania Perelman School of Medicine	37	9.41	2788	11.74	21.00	75.35	1.25
Massachusetts General Hospital	33	8.40	1771	7.46	17.00	53.67	0.89
Stanford University School of Medicine	29	7.38	1442	6.07	15.00	49.72	0.82
VA Medical Center	27	6.87	1672	7.04	13.00	61.93	1.03
University of Melbourne	26	6.62	1553	6.54	15.00	59.73	0.99
Total	393	100.00	20431	86.07			

An account of research papers in the field of insomnia by the top ten research organizations worldwide is given in Table 5. During the research period, these institutions published 393 papers in total, which is substantially greater than the total number of publications worldwide. The University of Pennsylvania released 38 (9.69%) research publications, Beth Israel Deaconess Medical Center provided 39 (9.92%), Inserm contributed approximately 54 (13.74%), and Harvard Medical School alone published 72 (18.32%). There were 26 (6.62%) research papers from the University of Melbourne's lowest institution. With an H-index of 28, a Citation Per Paper of 42.79, and a Relative Citation Impact of 0.71, the greatest number of research papers is 3081 (12.98%). The Hirsch-index is 21, the Citation Per Paper is 75.34, and the Relative Citation Impact is 1.25, with 2863 (12.06%) research publications coming next. The Hirsch-index is 15, the Citation Per Paper is 49.72, the Relative Citation Impact is 0.82, and the lowest number of citations is 1442 (6.07%) research publications.

Most Productive Journals in the field of Insomnia Research Publication

Table 6: Most Productive Journals in the field Insomnia Research Publication

Journal	No. of articles	%	Citations	%	H- Index	CPP	RCI
Sleep	108	24.49	4075	30.47	38.00	37.73	1.24
Sleep Medicine	95	21.54	1691	12.64	23.00	17.80	0.59
Journal of Sleep Research	80	18.14	2555	19.10	26.00	31.94	1.05
Journal of Clinical Sleep Medicine	51	11.56	667	4.99	17.00	13.08	0.43
Sleep Medicine Reviews	34	7.71	3634	27.17	25.00	106.88	3.52
Sleep Medicine Clinics	17	3.85	345	2.58	9.00	20.29	0.67
Sleep and Breathing	15	3.40	120	0.90	7.00	8.00	0.26
Brain Sciences	14	3.17	321	2.40	8.00	22.93	0.76
Plos One	14	3.17	202	1.51	7.00	14.43	0.48
Scientific Reports	13	2.95	243	1.82	7.00	18.69	0.62
Total	441	100.00	13853	103.58			

The top ten most productive journals in the field of insomnia are displayed in Table 6. With 108 articles, or 24.49% of the total, Sleep is ranked #1 on the list, according to the analysis. As a result, with 95 publications (21.54%), Sleep Medicine came in second. Third place went to Journal of Sleep Research 80 (18.14%). In the topic of insomnia, these three journals seem to be the most productive. There is a list of further productivity journals in the table above. The Journal of Scientific Reports' 13 (2.95%) research papers have the lowest percentage. With a Citation Per Paper of 37.73, a Hirsch-Index of 33, and a Relative Citation Impact of 1.24, the greatest number of research papers is 4075 (30.47%). The next 3634 (27.17%) research publications have a Relative Citation Impact of.3.52, a Hirsch-Index of 25, and a Citation Per Paper of 106.88. The Citation Per Paper is 14.43, the Hirsch-Index is 7.00, the Relative Citation Impact is 0.48, and the research publications with the fewest citations are 202 (1.51%).

Bradford's Law

The main application of Bradford's Law, describes the collection of essential journals in the field of research publications on insomnia. After that, the journal with the most productive contributions is ranked first. Bradford's law of scattering (Bradford, 1934)[12] divides the journal contributions into three zones. Each zone has a similar number of publications. The number of journals in each zone will rise concurrently. The following steps are involved in this study's Bradford Law analysis, and the connections between the zones are 1: n: n2.

Table 7: Core Source by Bradford's Law

Zone	No of Journal	%	No of Articles	%
Zone 1	465	4.28	1271	33.19
Zone 2	12096	22.76	1277	33.82
Zone 3	344874	72.96	1249	32.99
Total	357435	100	3797	100

From the table 8, this study identified the multiplier

12096/465 = 26.01

344874/12096 = 28.51

(26.01 + 28.51)/2 = 54.52/2 = 27.26

Formula is 1: n: n2

Here, 465 : 465*27.26 : 465*(27.26)2

465 : 12676 : 345495

The journal contribution to Bradford's Law of scattering in the field of insomnia research papers is displayed in Table 7. According to this analysis, there are roughly 1266 articles in each zone, or one-third of the total (3797/3=1266). With 1271 (33.19%) research papers, 465 (4.28%) of the 357435 journals in Zone 1 are the most prolific. Zone 2 journals are shown to be more productive with 1277 (33.82%) articles, followed by 12096 (22.76%). Of the 357435 journals in Zone 3, 344874 (72.96%) are the least prolific, with 1249 (32.99%) publications.

Table 8 reveals that the journal distribution, according to Bradford's Law, exposes the ratio as 1: n: n2. The following are the specific journal distributions found in Bradford's Law applications:

As per Bradford's Law 465:12676:345495

Actual contributions are 465: 12096: 344874

Here 465:12676:345495 is not equal to 465: 12096: 344874

The ratio above makes it clear that the number of journal titles in each zone is not steadily rising. Consequently, it is determined that Bradford's Law is not followed in the distribution of the journal's contributions to insomnia research publications.

Type of Document wise distribution in Insomnia Research Publication

Table 8: Type of Document wise distribution in Insomnia Research Publication

Document type	No. of articles	%	Cumulative	%
Article	1045	69.11	1045	7.35
Review	290	19.18	1335	9.39
Book Chapter	68	4.50	1403	9.87
Editorial	35	2.31	1438	10.11
Letter	32	2.12	1470	10.34
Note	26	1.72	1496	10.52
Short Survey	6	0.40	1502	10.56
Conference Paper	5	0.33	1507	10.60
Book	3	0.20	1510	10.62
Retracted	2	0.13	1512	10.63
Total	1512	100.00	14218	100.00

The bibliographical distribution of documents is displayed in Table 8, which demonstrates that the majority of research output is available as articles (1045 or 69.11%), however a sizable portion of publications are also in the form of reviews (290 or 19.18%). and research publications in Book Chapter 69 (4.50%). With 35 (2.31%) and 32 (2.12%), respectively, editorial and letter publications made up a sizable portion of the total. Only a small number of publications, such as Book 157 (4.40%), Note 26 (1.72%), Short Survey 6 (0.40%), Conference Paper 5 (0.33%), Book 3 (0.20%), and Retracted 2 (0.13), are also published. From the discussion above, it is clear that the great majority of papers are published as book chapters, essays, and reviews of research publications.

The keywords of the Insomnia Research Publication

Table 9: Keywords of the Insomnia Research Publication

Keyword	No. of articles	%
Insomnia	1285	13.50
Human	1273	13.37
Wakefulness	1223	12.85
Humans	968	10.17
Article	940	9.87
Sleep	913	9.59
Male	819	8.60
Female	774	8.13

table cont....

Keyword	No. of articles	%
Adult	730	7.67
Controlled Study	596	6.26
Total	9521	100.00

The contributions of the most active researchers in the field of insomnia are displayed in Table 9. With 1285 (13.50%) research publications, it is noted that insomnia has contributed the most to the field. Human, with 1,273 (13.37%) research papers, and Wakefulness, with 1223 (12.85%) research publications, come next on this list. With 596 (6.23) research publications, "Controlled Study" was the lowest keyword. 6.23%).

Highly cited paper in Insomnia Research Publication

Table 10: highly cited paper in Insomnia Research Publication

Titles	Citations	Document Type
Lai, J., *et al.* (2020) Factors linked to mental health outcomes among medical professionals exposed to coronavirus disease 2019, JAMA Network Open, 3(3), Article No: e203976.	5573	Article
Pappa, S.; *et al.* (2020) Prevalence of depression, anxiety, and insomnia among healthcare workers during the COVID-19 pandemic: A systematic review and meta-analysis, Brain, Behavior, and Immunity, 88, 901-907.	2826	Review
Huang, Y., and Zhao, N. (2020) A web-based cross-sectional survey on generalized anxiety disorder, depression symptoms, and sleep quality during the COVID-19 outbreak in China, Psychiatry Research, 288, Article No. 112954.	2618	Article
Adams, D.; *et. al* (2018) Patisiran, an RNAi therapeutic, for hereditary transthyretin amyloidosis, New England Journal of Medicine, 379(1): 11-21.	2481	Article
Vindegaard, N., and Benros, M.E. (2020) COVID-19 pandemic and its effects on mental health: A comprehensive analysis of the available data, Brain, Behavior, and Immunity, 89, 531-542.	2437	Review
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Armstrong, M.J.; & Okun, M.S. (2020) Diagnosis and Treatment of Parkinson Disease: A Review, JAMA, 323(6):548-560.	2248	Review
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The most cited article in Table 10 is Lai, J.; *et al*. (2020) Factors associated with mental health outcomes among healthcare workers exposed to coronavirus infection 2019, JAMA Network Open, 3(3), Article No: e203976, citations include 5573. A thorough investigation and meta-analysis of anxiety, depression, and insomnia among medical workers during the COVID-19 pandemic, Pappa, S., *et al*. (2020), Brain, Behavior, and Immunity, 88, 901-907. Sleep quality, depression symptoms, and generalized anxiety disorder during the COVID-19 pandemic in China: a web-based cross-sectional study, Huang, Y., and Zhao, N. (2020), Psychiatry Research, 288, Article No: 112954, citations include 2618, and the top 10 most cited papers include five articles and five reviews.

Major Findings of the Study

- The current study looked at the increase in research papers in the field of insomnia from 2016 to 2025 using a sample of 1512 articles. 2018 saw the highest number of articles published, 172 (11.38%). The second-highest number of papers, 171

(11.31%), was published in 2017.

- The RGR of an article gradually decreased from 2.29 in 2017 to 0.09 in 2025 during the study period. The doubling time of article publication gradually increases from 0.30 in 2017 to 7.8 in 2025. Dauvilliers, Y. is the most prolific author on the subject of insomnia in the United States, with 28 (22.05%) research papers.
- The majority of the research output may be found in 1045 (69.11%) article research articles, of which 563 (38.91%) are from the United States.
- The journals found that sleep ranked first with 108 (24.44%) publications, while only the Harvard Medical School-affiliated institutes published 72 (18.32%) studies.
- The National Institute of Health funding agency provided 129 (28.99%) research publications, and the field of insomnia received the most keywords with 1285 (12.85%).
- The widely cited work is M.F. *et al*. (2016), A multi-modal parcellation of human cerebral cortex, Nature, 536(7615): 171-178. The article's document type and total number of citations are both 3,403.

CONCLUSION

About 10% of adults suffer with insomnia, which is significantly more than simply a minor annoyance. Significant cognitive, emotional, and physical impairments result from it, and untreated chronic insomnia significantly raises the risk of serious long-term health problems like dementia and cardiovascular disease. Not Just a Symptom: Because insomnia causes extensive biological abnormalities across several physiological systems (such as the immunological and circulatory systems), it is becoming more often recognized as a systemic disease rather than a stand-alone sleep problem. Daytime Impact: Emotional dysregulation, cognitive fog, slowed reaction times, and a worse quality of life are all inevitable consequences of chronic sleep deprivation. Long-Term Disease Risk: There is a clear correlation between persistent insomnia and an increased risk of major depressive disorder, type 2 diabetes, hypertension, and neurodegenerative illnesses such as Alzheimer's.

Highly Treatable: Despite its widespread impacts, the vast majority of victims do not receive a diagnosis or treatment. Behavioral modifications (such as Cognitive Behavioral Therapy for Insomnia, or CBT-I) and, if required, short-term medication is usually needed to treat it. Early intervention is essential to avoiding subsequent issues if you are having trouble sleeping. See a primary care physician or get a referral to a qualified sleep expert for individualized advice and evidence-based therapies. To locate authorized sleep facilities in your area, use the American Academy of Sleep Medicine directory.

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