

2021 年

【原著論文】

1. Tamura N, Sasai-Sakuma T, Morita Y, Okawa M, Inoue S, Inoue Y. Prevalence and associated factors of circadian rhythm sleep-wake disorders and insomnia among visually impaired Japanese individuals. *BMC Public Health* 6;21(1): 31, 2021.
2. Morin CM, Inoue Y, Kushida C, Poyares D, Winkelman J, Guidelines Committee Members. Endorsement of European guideline for the diagnosis and treatment of insomnia by the World Sleep Society. *Sleep Med* 81: 124-126, 2021.
3. Sasai-Sakuma T, Kayaba M, Inoue Y, Nayakaya H. Prevalence, clinical symptoms and polysomnographic findings of REM-related sleep disordered breathing in Japanese population. *Sleep Med* 80: 52-6, 2021.
4. Kanda Y, Takaesu Y, Kobayashi M, Komada Y, Futenma K, Okajima I, Watanabe K, Inoue Y. Reliability and validity of the Japanese version of the Biological Rhythms Interview of assessment in neuropsychiatry-self report for delayed sleep-wake phase disorder. *Sleep Med* 81: 288-93, 2021.
5. Narisawa H, Inoue Y, Kobayashi M, Okajima I, Kikuchi T, Kagimura T, Matsui K, Inada K, Mishima K. Development and validation of the Benzodiazepine Hypnotics Withdrawal Symptom Scale (BHWSS) based on item response theory. *Psychiatry Res* Jun;300, 113900, 2021.
6. Fulda S, Allen P, Earley C, Hogl B, Garcia-Borreguero D, Inoue Y, Ondo W, Walters A, Williams A, Winkelman J. We need to do better: A systematic review and meta-analysis of diagnostic test accuracy of restless legs syndrome screening instruments. *Sleep Med Rev* 58: 101461.
7. Inoue Y, Takaesu Y, Koebis M. Prevalence of and factors associated with acute withdrawal symptoms after 24 weeks of eszopiclone treatment in patients with chronic insomnia: a prospective, interventional study. *BMC Psychiatry* Apr 14;21(1): 193, 2021.
8. Inoue Y, Watanabe T, Takashima S, Takase T, Ishikawa K, Kubota N, Yardley J, Moline M. Efficacy and safety of lemborexant in adults with insomnia: comparing Japanese and non-Japanese subgroups from the global, phase 3, randomized, double-blind, placebo-controlled SUNRISE 2 study. *J Clin Sleep Med* May 1;17(5): 1067-74, 2021.

9. Okajima I, Komada Y, Ito W, Inoue Y. Sleep Debt and Social Jetlag Associated with Sleepiness, Mood, and Work Performance Among Workers in Japan. *Int J Environ Res Public Health* 18(6): 2908, 2021.
10. Takaesu Y, Shimura A, Komada Y, Futenma K, Ishii M, Sugiura K, Watanabe K, Inoue Y. Association of sleep duration on workdays or free days and social jetlag with job stress. *Psychiatry Clin Neurosci* 75(8): 244-9, 2021.
11. Ferri R, Sparasci D, Castelnovo A, Miano S, Tanioka K, Tachibana N, Carelli C, Riccitelli GC, Disanto G, Zecca C, Gobbi C, Manconi M. Leg movement activity during sleep in multiple sclerosis with and without RLS. *J Clin Sleep Med* 18(1): 11-20, 2021.
12. Kayaba M, Sasai-Sakuma T, Takaesu Y, Inoue Y. The relationship between insomnia symptoms and work productivity among blue-collar and white-collar Japanese workers engaged in construction/civil engineering work: a cross-sectional study. *BMC Public Health* 21(1): 1244.
13. Yardley J, Kärppä M, Inoue Y, Pinner K, Perdomo C, Ishikawa K, Filippov G, Kubota N, Moline M. Long-term effectiveness and safety of lemborexant in adults with insomnia disorder: results from a phase 3 randomized clinical trial. *Sleep Med* 80: 333-42, 2021.
14. Matsui K, Kuriyama K, Kobayashi M, Inada K, Nishimura K, Inoue Y. The efficacy of add-on ramelteon and subsequent dose reduction of benzodiazepine derivatives/Z-drugs for the treatment of sleep-related eating disorder and night eating syndrome: a retrospective analysis of consecutive cases. *J Clin Sleep Med* Jul 1;17(7): 1475-83, 2021.
15. Chung F, Waseem R, Pham C, Penzel T, Han F, Bjorvatn B, Morin C, Holzinger B, Espie C, Benedict C, Cedernaes J, Saaresranta T, Wing Y, Nadorff M, Dauvilliers Y, Gennaro L, Plazzi G, Merikanto I, Matsui K, Leger D, Sieminski M, Mota-Rolim S, Inoue Y, Partinen M. International COVID Sleep Study (ICOSS) group The association between high risk of sleep apnea, comorbidities, and risk of COVID-19: a population-based international harmonized study. *Sleep Breath* 25(2): 849-60, 2021.
16. Inoue Y, Hirata K, Hoshino Y, Yamaguchi Y. Difference in background factors between responders to gabapentin enacarbil treatment and responders to placebo: pooled analyses of two randomized, double-blind, placebo-controlled studies in Japanese patients with restless legs syndrome. *Sleep Med* 85: 138-46, 2021.

17. Inoue Y, Tabata T, Tsukimori N. Efficacy and safety of modafinil in patients with idiopathic hypersomnia without long sleep time: A multicenter, randomized, double-blind, placebo-controlled, parallel-group comparison study. *Sleep Med* Apr;80: 315-21, 2021.
18. Brandão L, Martikainen T, Merikanto I, Holzinger B, Morin CM, Espie CA, Bolstad CJ, Leger D, Chung F, Plazzi G, Dauvilliers Y, Matsui K, De Gennaro L, Sieminski M, Nadorff MR, Chan NY, Wing YK, Mota-Rolim SA, Inoue Y, Partinen M, Benedict C, Bjorvatn B, Cedernaes J. Social Jetlag Changes During the COVID-19 Pandemic as a Predictor of Insomnia – A Multi-National Survey Study. *Nat Sci Sleep* 13: 1711-22, 2021.
19. Sugiyama A, Shiota S, Yanagihara M, Nakayama H, Tsuiki S, Hayashida K, Inoue Y, Takahashi K. The role of long-term continuous positive airway pressure in the progression of obstructive sleep apnoea: A longitudinal cohort study. *J Sleep Res* Jun16: e13374, 2021.
20. Sasai-Sakuma, T, Kayaba M, Kanai Y, Inoue Y. Heart rate change and clinical characteristics in patients with neck myoclonus: An observational study. *Clin Neurophysiol Pract* 6: 229-33, 2021.
21. Sparasci D, Ferri R, Castelnovo A, Miano S, Tanioka K, Tachibana N, Carelli C, Riccitelli G, Disanto G, Zecca C, Gobbi C, Manconi M. Restless legs syndrome and periodic limb movements in 86 patients with multiple sclerosis. *Sleep* 44(9): zsab066, 2021.
22. Fränkl E, Scarpelli S, Nadorff M R, Bjorvatn B, J Bolstad C, Yin Chan N, Chung F, Dauvilliers Y A, Espie C, Inoue Y, Leger D, Macêdo T, Matsui K, Merikanto I, Morin C M, Mota-Rolim S, Partinen M, Penzel T, Plazzi G, Sieminsk M, Wing Y K, Gennaro L D, Holzinger B. How our Dreams Changed During the COVID-19 Pandemic: Effects and Correlates of Dream Recall Frequency - a Multinational Study on 19,355 Adults. *Nat Sci Sleep* 13: 1573-91, 2021.
23. Tamura N, Komada Y, Inoue Y, Tanaka K. Social jetlag among Japanese adolescents: Association with irritable mood, daytime sleepiness, fatigue, and poor academic performance *Chronobiol Int* Nov;3, 1-12, 2021.
24. Kayaba M, Matsushita T, Katayama N, Inoue Y, Sasai-Sakuma T, Sleep-wake rhythm and its association with lifestyle, health-related quality of life and academic performance among Japanese nursing students: a cross-sectional study. *BMC Nurs* 20(1): 225, 2021.

25. Nakayama H, Takei Y, Kobayashi M, Yanagihara M, Inoue Y. Fraction of apnea is associated with the required continuous positive airway pressure level and reflects upper airway collapsibility in patients with obstructive sleep apnea. *J Clin Sleep Med* 2021 Dec 17, 2021.
26. Tsuiki S, Nagaoka T, Fukuda T, Sakamoto Y, Almeida FR, Nakayama H, Inoue Y, Enno H. Machine learning for image-based detection of patients with obstructive sleep apnea: an exploratory study. *Sleep Breath* Dec;25(4): 2297-2305, 2021.
27. Sugiyama A, Shiota S, Yanagihara M, Nakayama H, Tsuiki S, Hayashida K, Inoue Y, Takahashi K. The role of long-term continuous positive airway pressure in the progression of obstructive sleep apnoea: A longitudinal cohort study. *J Sleep Res* Dec;30(6): e13374, 2021.
28. Matsui K, Komada Y, Okajima I, Takaesu 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(11): 4179, 2021.

【総説】

1. 井上雄一: 睡眠障害(不眠症へのアプローチ). 調剤と情報 27(2): 133-8
2. 井上雄一: 巻頭言:災害と睡眠~COVID-19 パンデミックを受けて~ 睡眠医療 15(1): 7-8
3. 井上雄一: COVID-19 がもたらす睡眠問題. 睡眠医療 15(1): 45-51, 2021.
4. 大川匡子: コロナ禍における睡眠の重要性. クリニシアン 68(4)(5)合併号, 12-8, 2021.
5. 中山秀章: 閉塞性睡眠時無呼吸診療における Personalized Medicine~呼吸器科の観点から. 睡眠医療 15(2): 235-9, 2021.
6. 井上雄一: 不眠症と睡眠薬ー睡眠薬はどのように選択するのか? むかしの頭で診ていませんか?総合内科診療をスッキリまとめました 5: 29-35, 2021.
7. 井上雄一, 谷岡洸介: COVID-19 と睡眠の問題. 精神科 38(6): 682-90, 2021.
8. 中山秀章: 閉塞性睡眠時無呼吸診療における Personalized Medicine 1)呼吸器科の観点から. 睡眠医療 15(2): 235-9, 2021.
9. 中山秀章: 薬剤による呼吸中枢機能異常. 別冊日本臨牀 領域別症候群シリーズ 17: 228-31, 2021.
10. 井上雄一: 睡眠時パニック障害. 別冊日本臨牀 領域別症候群シリーズ 17, 287-92, 2021.

11. 中山秀章: 薬剤による呼吸中枢機能異常. 別冊日本臨牀 領域別症候群シリーズ 17, 228-31, 2021.
12. 谷岡洸介, 井上雄一: レストレスレッグス症候群. 別冊日本臨牀 領域別症候群シリーズ 17, 301-7, 2021.
13. 平澤俊之, 井上雄一: 不眠症. 別冊日本臨牀 領域別症候群シリーズ 17, 296-300, 2021.
14. 柳原万里子, 井上雄一: 不眠症におけるアンメットメディカルニーズ. 月刊精神科 39(4): 457-66, 2021.
15. 井上雄一: 腹部の異常感覚のために不眠をきたした 1 例. ねむりとマネージメント 8(1): 24-6, 2021.
16. 柳原万里子: 中枢神経感作(中枢性感作)と睡眠障害. ねむりとマネージメント 8(1): 31-5, 2021.
17. 柳原万里子: 不眠症におけるアンメットメディカルニーズ. 精神科 39(4): 457-66, 2021.

【著書】

1. 井上雄一: 「不眠」睡眠負債・睡眠時無呼吸 不眠治療の名医が教える最高の治し方大全 文響社 第 3 章 76-82, 92-4.
2. 井上雄一: 「足裏の痛み・しびれ」足腰の名医 11 人が教える最高の治し方大全. 文響社 (11): 194-8