

Publications

Bruno S, Ceccanti S, Bazzani A, d'Ascanio P, Frumento P, Faraguna U. Handling shifts during an overnight sailing regatta: Comparison between sleep management strategies. *Scand J Med Sci Sports*. 2023 Apr;33(4):503-511. doi: 10.1111/sms.14273. Epub 2022 Nov 28. PMID: 36403189.

Bruno S, Benedetti D, Bazzani A, Ferri F, Granieri I, Cruz-Sanabria F, Fiori S, d'Ascanio P, Frumento P, Faraguna U. School Attendance, Chronotype, and Day-of-the-Week Effect in Adolescent Male Basketball Players. *J Biol Rhythms*. 2023 Apr;38(2):185-196. doi: 10.1177/07487304221144340. Epub 2023 Jan 21. PMID: 36680409.

Cruz-Sanabria F, Violi M, Bazzani A, Bruno S, Massoni L, Bertelloni CA, Dell'Oste V, Frumento P, Faraguna U, Dell'Osso L, Carmassi C. Chronotype is differentially associated with lifetime mood and panic-agoraphobic spectrum symptoms in patients with bipolar disorder and healthy controls. *CNS Spectr*. 2023 Mar 21:1-39. doi: 10.1017/S1092852923001207. Epub ahead of print. PMID: 36942635.

Bruno S, Bazzani A, Marantonio S, Cruz-Sanabria F, Benedetti D, Frumento P, Turchetti G, Faraguna U. Poor sleep quality and unhealthy lifestyle during the lockdown: an Italian study. *Sleep Med*. 2022 Feb;90:53-64. doi: 10.1016/j.sleep.2022.01.002. Epub 2022 Jan 11. PMID: 35093684; PMCID: PMC8747843.

Benedetti D, Olcese U, Bruno S, Barsotti M, Maestri Tassoni M, Bonanni E, Siciliano G, Faraguna U. Obstructive Sleep Apnoea Syndrome Screening Through Wrist-Worn Smartbands: A Machine-Learning Approach. *Nat Sci Sleep*. 2022 May 18;14:941-956. doi: 10.2147/NSS.S352335. PMID: 35611177; PMCID: PMC9124490.

Cruz-Sanabria F, Carmassi C, Bruno S, Bazzani A, Carli M, Scarselli M, Faraguna U. Melatonin as a Chronobiotic with Sleep-promoting Properties. *Curr Neuropharmacol*. 2022 Feb 17. doi: 10.2174/1570159X20666220217152617. Epub ahead of print. PMID: 35176989.

Bazzani A, Marantonio S, Andreozzi G, Lorenzoni V, Bruno S, Cruz-Sanabria F, d'Ascanio P, Turchetti G, Faraguna U. Late chronotypes, late mealtimes. Chrononutrition and sleep habits during the COVID-19 lockdown in Italy. *Appetite*. 2022 May 1;172:105951. doi: 10.1016/j.appet.2022.105951. Epub 2022 Jan 28. PMID: 35092744; PMCID: PMC9356714.

Benedetti D, Olcese U, Frumento P, Bazzani A, Bruno S, d'Ascanio P, Maestri M, Bonanni E, Faraguna U. Heart rate detection by Fitbit ChargeHR™ : A validation study versus portable polysomnography. *J Sleep Res*. 2021 Dec;30(6):e13346. doi: 10.1111/jsr.13346. Epub 2021 Apr 10. PMID: 33837981; PMCID: PMC9286609.

Bazzani A, Bruno S, Frumento P, Cruz-Sanabria F, Turchetti G, Faraguna U. Sleep quality mediates the effect of chronotype on resilience in the time of COVID-19. *Chronobiol Int*. 2021 Jun;38(6):883-892. doi: 10.1080/07420528.2021.1895199. Epub 2021 May 9. PMID: 33966553.

Conferences

2022 – XXXII National Conference of Italian Association of Sleep Medicine (AIMS)

Chronotype and lifestyle in young adults

Bruno S, Daddoveri F, Benedetti D, Cruz-Sanabria F, d'Ascanio P, Frumento P, Faraguna U

Oral presentation

2022 – XXXII National Conference of Italian Association of Sleep Medicine (AIMS)

Artificial intelligence in OSAS screening

Benedetti D, Olcese U, Bruno S, Barsotti M, Maestri Tassoni M, Bonanni E, Siciliano G, Faraguna U

Oral presentation

2022 – XXX Conference of Italian Association of Psychology

Patterns of sleep and adaptive functioning: a longitudinal study in preschool age

Iacobellis B, Faraguna U, Di Galante M, Bruno S, Coppola G

2022 – World Sleep Congress 2022

Chronotype predicts sport performance in adolescent male basketball players

Bruno S, Benedetti D, Ferri F, Granieri I, Bazzani A, Cruz-Sanabria F, Frumento P, d'Ascanio P, Faraguna U

Poster presentation

2022 – World Sleep Congress 2022

Consumer wrist-worn smartbands and OSAS screening: performance of supervised machine-learning algorithms

Benedetti D, Olcese U, Bruno S, Barsotti M, Maestri M, Bonanni E, Siciliano G, Faraguna U

2022 – World Sleep Congress 2022

Eveningness and ruminations are independently associated with poor sleep quality in healthy youths

Cruz-Sanabria S, Andreoni N, Bazzani A, Starace F, Bruno S, Frumento P, Carmassi C, Faraguna U

2022 – World Sleep Congress 2022

Circadian tipology and cognitive flexibility

Isoppo E, Bazzani A, Starace F, Cruz-Sanabria F, Bruno S, Frumento P, Turchetti G, d'Ascanio P, Faraguna U

2021 – International Marketing Trends Conference

The colours of politics: a psycho-marketing study on the association between colours and political sides

Bazzani A, Bruno S, Gasparini G, Starace F, Trieste L, Turchetti G

2020 – XXX National Conference of Italian Association of Sleep Medicine (AIMS)

Risk-taking behavior and night shift tolerance in healthcare practitioners

Bruno S, Cruz-Sanabria F, Bazzani A, Frumento P, Faraguna U

Oral presentation

2020 – XXX National Conference of Italian Association of Sleep Medicine (AIMS)

Chronobiology and Resilience in the time of COVID-19

Bazzani A, Bruno S, Faraguna U

2020 – Congresso Sinergie SIMA

Psychometric profiling and purchase behaviour during COVID-19 first lockdown: an Italian study

Bazzani A, Bruno S, Frumento P, Cruz-Sanabria F, Turchetti G, Faraguna