



## Citation Guide

This citation guide is a curated version of the complete Vancouver Style Guide [available here](#). We've listed the most common sources that people use and how to cite them to make it easier for you to format your citations.

Correctly formatted citations are a critical part of your article. We can't publish your piece until all the citations are correct. If you need any help, please email us at [brown@thetriplehelix.org](mailto:brown@thetriplehelix.org) or refer to the complete guide linked to above.

### In-Text Citations

Your in-text citations should be numbered according to **the order in which they appear in the article**. For example, if I have already cited four sources in my text, I will number the next source I am citing as [5]. Every time I use that source after that, its number will always be [5].

When doing in-text citations, please use **square brackets** around your numbers and put the punctuation **outside of the bracket**. Here is an example.

Preventable accidents stemming from a lack of sleep litter the annals of media: the Exxon Valdez oil spill in Prince William Sound, the 1988 Aloha Airlines accident [2], or the Joubert tragedy in Beaumont, Texas [3].

Sometimes using in-text citations while quoting from your source is a bit tricky. Your citation is not a part of the source, so you should put it outside the quotes. Here is an example.

The growing mechanization of industry in the mid-twentieth century resulted in an “economic democracy planned by all members of the industrial organization” [4].

When trying to cite more than one source at once, separate the numbers with a comma but put them within one set of brackets.

Natural Killer T cells are a subset of the T cell population that share cell surface markers of Natural Killer cells [4, 5, 6].

You should always use in-text citations every time you refer back to your source. Remember, it's never really possible to over-cite, so err on the side of caution and cite every time you refer to a source.



## The Bibliography

Your sources should be numbered in the **order you first used them in the article** with square bracketed numbers next to them using a **hanging indent**. Here is an example.

- [1] Sivertsen B, Lallukka T, Salo P. The economic burden of insomnia at the workplace: An opportunity and time or intervention? *SLEEP* 2011; 34(9):1151-1152.
- [2] Oexman RD, Knotts TL, Koch JL. Working while the world sleeps: A consideration of sleep and shift work design. *Employee Responsibilities and Rights Journal* 2002; 14(4):145-157.

Some other thoughts:

- Be sure to use the abbreviated name of your journal according to PubMed. Please search for the journal [here](#) and use the “NLM Title Abbreviation” when citing.
- Dates should be in the form Year Month Day, with the month abbreviated (e.g., 2013 Feb 5).
- Remember that journal and other publication titles should be in italics!

For **PRINT SOURCES**, including **(1)** books, **(2)** journal articles, **(3)** anthologies, and **(4)** newspapers or magazines (print form, not from the Internet), please use this Vancouver style citation machine [available here](#).

If your source not one of these four types, please **do not** use the citation machine and see the below table. Remember that the words in triangular brackets (<>) are what you should put in that place.

Type of Source	Citation Format
<i>Personal Interview</i>	<person being interviewed>. Interviewed by: <who conducted the interview>. <date you interviewed them> [cited <when you wrote the source>]
<i>Web Page</i> (including news from the Internet)	<author, company or institution>. <title of the web page or the web article> [Internet]. <date the page was posted> [cited <when you cited it>]. Available from: <the link with the http:// still in the front>
<i>Image from the Internet</i> (remember this for your Article Submission Forms after your third draft!)	<title of the image> [Image on the Internet]. <year the image was first posted> [cited <when you cited it>]. Available from: <the link with the http:// still in the front>

For anything that we didn't cover here, use the complete Vancouver Citation Guide linked to in the opening section of this document and look there. Again, please let us know if you have any questions about citing your sources. Good luck!