Reviewer's report

Title: Comparative Effectiveness of Cognitive Behavioral Therapy for Insomnia: a Systematic Review

Version: 1 Date: 28 March 2012

Reviewer: Andrew C Coogan

Reviewer's report:

This is a timely review of the use of CBT-I compared with the use of hypnotics for the long-term treatment of insomnia. There is not sufficient data to be review to allow for a metanalysis, however the subject is valid and important.

Minor Essential Revisions

The manuscript is generally clear and well written. My only concerns regard the discussion, which seems overly short and superficial. I would feel a greater critique of the weaknesses of the review is called for heer (v. small number of studies included, different sleep outcomes measured, primary insomnia vs secondary insomnia, potential for differential responses in different age groups etc.)

Further it would be of interest to comment on whether studies have examined the combination of CBT-I + hypnotics vs. CBT-I alone or hypnotics alone?

Level of interest: An article of importance in its field

Quality of written English: Acceptable

Statistical review: No, the manuscript does not need to be seen by a statistician.

Declaration of competing interests:

I declare that I have no competing interests