Reviewer's report

Title: The relationship of health care use with the persistence of insomnia: a prospective cohort study

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Reviewer: Borge Sivertsen

Reviewer's report:

The current manuscript presents data that extend on a previous publication by the same authors, published in Br J Gen Pract earlier this year. This published paper was quite interesting and presented useful and novel data. I do, however, have some problems related to a mismatch between data and conclusions in this paper.

As I see it, the main message is that use of health care is associated with chronic insomnia (both at baseline and 1 yr FU), which the authors interpret as treatment for mood disorders does not help to alleviate insomnia symptoms. My main concerns are related to the issues of insomnia severity and comorbidity. In my view, it may very well be that the insomniacs treated for a mood disorder have more severe insomnia to start with, or at least they have more comorbidity? As such, the two groups (consultation vs no consultation) are too different to compare using remission as an outcome. The authors appropriately address this issue by adjusting for baseline insomnia, pain and anx + dep, which indeed leaves all the findings non-significant! Therefore, I don’t see how the authors’ interpretations and conclusions are valid. Although the authors to some extent acknowledge this, my impression is that the high effect-sizes (ORs) are too strongly interpreted, especially since they are non-significant when adjusted. The crude analyses are not that interesting.

Also, I find that the manuscript covers the existing literature a bit superficially. There are several very central papers about e.g. the natural history of insomnia (eg. Morin: Arch Gen Psych) which are left out, as is also the case for the literature on insomnia and health care use, as well treatment practices of insomnia among GPs.

Level of interest: An article of limited interest

Quality of written English: Needs some language corrections before being published

Statistical review: Yes, and I have assessed the statistics in my report.

Declaration of competing interests:
'I declare that I have no competing interests'