Reviewer’s report

Title: Sleep hygiene intervention for youth aged 10 to 18 years with problematic sleep: a before-after pilot study of sleep and weight

Version: 2 Date: 14 September 2012

Reviewer: Kathryn Parkinson

Reviewer’s report:

Major Compulsory Revisions

1. Participant recruitment - what did the participants think they were joining? What was the study advertised as?

2. Outcome measures - The results list numerous outcome measures. Usually there is one outcome measure which should be stated in advance. The authors state sleep hygiene, sleep quality and daytime symptoms. But in this section others are included such as BMI and activity levels. This needs to be clarified.

3. What is the justification for including BMI and obesity? It appears to be included without providing a reason. The same applies to attention measures and activity.

4. Power analysis. This section needs to be checked for appropriateness with a statistician. If correct, please explain the rationale of using sample size to test reliability of measures in your response to the reviewer.

5. The discussion is very long and would benefit from being substantially reduced.

Level of interest: An article of limited interest

Quality of written English: Acceptable

Statistical review: Yes, but I do not feel adequately qualified to assess the statistics.

Declaration of competing interests:

I declare that I have no competing interests