Reviewer's report

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

Version: 5 Date: 26 November 2012

Reviewer: Dean W Beebe

Reviewer's report:

I applaud the authors for their systematic, thoughtful, and thorough process of conducting revisions. I have no further substantive questions or concerns. This is an encouraging pilot study, and I hope that the authors or others will engage in follow-up work.

Level of interest: An article whose findings are important to those with closely related research interests

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.