Author's response to reviews

**Title:** Associations of short sleep duration with prehypertension and hypertension among Lithuanian children and adolescents: a cross-sectional study

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Associations of short sleep duration with prehypertension and hypertension among Lithuanian children and adolescents: a cross-sectional study

Dear Editors,

Thank You for your comments and suggestions. In accordance to your comments and suggestions we made some changes in the manuscript. You can find point by-point responses to the editors concerns below.

With kind regards,

Authors:
Dr. R. Kuciene
Asoc. Prof. Dr. V. Dulskiene

Editor's Comments:

"Authors have responded adequately to the reviewers' comments. However, authors have still included public health recommendations in the conclusion. This should be avoided as evidence from cross-sectional data is not sufficient to provide public health recommendations. Alternatively, authors could say something like, 'if confirmed in future prospective studies, our findings may have implications for assessing sleep in children and adolescents to reduce cardiovascular burden ....'."

Answer to Editor's Comments:

Thank you for your comments. According to the comments, these sentence were deleted ("The recommendation is to ensure that children and adolescents get a sufficient amount of sleep – i.e. not less than 8 h/day – for the reduction in odds of high BP. The findings of the present study would be useful for developing public health programs designed to reduce modifiable risk factors of cardiovascular diseases, and would also be essential for the prevention and
management of elevated BP among children and adolescents”) (page 12) and these sentences were added (page 12):

“Moreover, further prospective studies are needed to confirm these findings. If confirmed in future prospective studies, the findings of the present study may have implications for assessing sleep in children and adolescents to reduce the burden of cardiovascular disease.”