Author's response to reviews

Title: Adequate sleep among adolescents is positively associated with health status and health-related behaviors

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Author's response to reviews: see over
To editor and reviewers,

Thank you for giving us the extensive review and feedback on our manuscript. We’ve made the suggested revisions and invited an editor who is a native speaker of English to edit the manuscript.

Responses to Reviewer 1’s comments:

Thank you for your suggestions. We’ve made the following revisions:

1. Regarding the definition of adequate sleep. We have clarified this on pp. 1 and 6 in red font. We agree that, for an adolescent, obtaining 9.25 hours of sleep per night is optimal. However, according to some recent studies, especially in Taiwan, obtaining at least 6-8 hours per night is considered adequate sleep, because many adolescents also take a nap for 30-60 minutes in the classroom after lunch. It would be interesting to see if this also occurs in other Asian countries.

2. Regarding the lack of information concerning sleep assessment in the Methods. Please see p. 6 in red font.

3. Regarding discussion of the potential role for more objective measurement of sleep time, such as actigraphy. Thank you so much for your comments. We have provided the relevant revision in the discussion of the study’s limitations. Please see p. 14 in red font.

Responses to Reviewer 2’s comments:

1. Regarding the total number of study participants. Thank you for your suggestion; the valid number in the final analysis was 656. We have corrected it on pp. 1 and 8 in red font.

2. Regarding the second paragraph of the introduction section. We’ve revised it: please see p. 4 in red font.

3. Regarding the sentence in the introduction needing a reference and more detail about sleep hours in school children. We have made revisions on pp. 4 and 13 in red font.
4. Regarding the methods section and why and how we selected the study site and samples. You are right! Thank you for your comments. Please see the revisions on pp. 4, 5, and 14 for our comments on the limitation of selection bias.

5. Regarding the statistical analysis, considering the potential confounding factors of, for example, gender and grade (age) associated with sleep, health, and healthy behaviors. Thank you for your comment. We used multiple regression analysis to discover the effects of confounders on health status and health-related behavior. Please see the revisions in the results section (p. 10) and discussion section (pp. 11 and 12). We have also added Table 4 to present the regression analysis.

6. Regarding the repetitive description of BMI. We’ve omitted one of the two sentences on p.

7. Regarding the selection bias due to the invalid response rate reported in the results section. We’ve revised the limitations section. Please see p. 14.

8. Regarding the references. Reference #19 has been revised. Please see p. 18.

Thank you again, Dr. Sekine. We learned so much from your comments!