Reviewer's report

Title: A prospective study of sleep quality and quantity, quality of life, and risk of developing diabetes in a prospective cohort of healthy workers in Japan: the High-risk and Population Strategy for Occupational Health Promotion (HIPOP-OHP) Study

Version: 1 Date: 21 December 2006

Reviewer: Jerker Hetta

Reviewer's report:

General

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Major Compulsory Revisions (that the author must respond to before a decision on publication can be reached)
I am concerned about the effects of sleep duration. In table 1 it is clear that the three groups of individuals with difficulty initiating sleep differed with regards to sleeping time, less than 6 hours was 14.3, 16.9 and 30.3. In the text, p 14, it is stated that the proportions were 14.2, 16.0 and 18.2. Is this a mistake? I am not sure that the statistics in table 2 regarding sleep duration is accurate, especially whether less than 6 hours should be the comparison for all other duration groups. I would also like to know how many in the shortest sleep duration group developed diabetes. Even though it is controlled for gender, I would like to know about differences among males and females.
My other concern is the reason for the analysis of quality of life. In my perspective it is reasonable to use this as construct validity. However, QoL may be included in the paper, but not for the stated reason.

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Minor Essential Revisions (such as missing labels on figures, or the wrong use of a term, which the author can be trusted to correct)

Use the wording "difficulty initiating sleep" consequently, in table 2 it is called difficulty in sleeping.
Reference no 4 is questionable as a reference to sleep and mortality. P.14, line 4, observer should be observed.

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Discretionary Revisions (which the author can choose to ignore)

What next?: Unable to decide on acceptance or rejection until the authors have responded to the major compulsory revisions

Level of interest: An article of importance in its field

Quality of written English: Acceptable

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

Declaration of competing interests:

I declare that I have no competing interests