Author's response to reviews

Title: Effects of an Irregular Bedtime Schedule on Sleep Quality, Daytime Sleepiness, and Fatigue among University Students in Taiwan

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Author's response to reviews:

Dear Professor Norton,

Our second revised manuscript, entitled “Effects of an Irregular Bedtime Schedule on Sleep Quality, Daytime Sleepiness, and Fatigue among University Students in Taiwan”, is resubmitted to BMC Public Health.

We highly appreciate reviewer's constructive comments to improve our work. We have made a point-by-point response to the reviewers' concerns as follows.

For comments from Professor Palermo

Minor Essential Revisions

1. Additional description of the results of PSQI, ESS and FSS has been added as reviewer's suggestion.

2. We agreed with the reviewer's comments regarding the issue of recall bias. The data of bedtime schedule were mainly extracted from the prospective self-reported sleep log. The retrospective interview was conducted to check the sleep log whether incomplete or unclear recording presented on the sleep log. The main goal of interview is to screen the quality of self-reported sleep log rather than reducing recall bias. The manuscript has been amended and added a figure presenting the flowchart of the study to improve understanding.

3. Some parts of revised manuscript have been rewritten and rearranged to facilitate the understanding and coherence. The revised manuscript have also been checked and proofed carefully by a native English speaker.

Discretionary Revisions

4. Reviewer's comment is highly appreciated. It is also very interesting to study the effects of sleep duration variability. However, as reviewer's previous mention, we realize the waking time and variability of sleep duration are also partially dependent to bedtime schedule and total sleep time. To prevent the issue of collinearity, it is necessary to evaluate this issue with more appreciate mathematic modeling. It is beyond the scope of this study, and we will work on this issue further.
Once again, the comments provided by the reviewer are greatly appreciated; they have ultimately enriched our research immensely, and we hope that you will now find the paper suitable for publication in its present form. We look forward to hearing from you.

With best wishes,

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