Author's response to reviews

Title: Sleep to lower elevated blood pressure: study protocol for a randomized controlled trial

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Editor,
Trials

Dear Editor,

We wish to submit the following manuscript for consideration, ‘Sleep to lower elevated blood pressure: study protocol for a randomized controlled trial’. This trial is funded by the Health Research Board of Ireland (Health Research Award, reference HRA_POR/2012/126) and has been approved by the Research Ethics committee at Galway University Hospital (ref CA 864). We would be happy to provide a list of peer-reviewers if required. Recruitment for this trial is still ongoing.

We wish to publish this protocol in Trials as we believe it is important that a detailed account of the hypothesis, rational and methodology of our study is
freely available. Despite the apparent importance of sleep as a risk factor for hypertension and cardiovascular disease, there have been no previous randomised controlled trials investigating the efficacy of a sleep intervention for lowering blood pressure or reducing the risk of CVD. We believe this trial protocol will be of interest to a wide audience of clinicians.

Dr. Espie is Clinical and Scientific Director of Sleepio Limited and a shareholder, but has not received any income from the company. He has also participated in speaking engagements and has served as a consultant for Boots Pharmaceuticals. The other authors declare have no competing interests.

Yours sincerely,

Dr. Emer McGrath, MB, PhD, MRCPI, MRCPUK