Reviewer's report

Title: A pilot study to determine the short term effect of milk with differing glycaemic property on sleep among toddlers: A randomized controlled trial

Version: 2
Date: 11 March 2015

Reviewer: Bhavneet Bharti

Reviewer's report:

Authors have carried out a well designed RCT to investigate the role of glycemic index and load on sleep parameters of toddlers. How following doubts need to be addressed.

Major compulsory revisions:

What was measurement accuracy and precision of actiwatch (please comment on intraobserver and interobserver variability)?

Any sleep diary maintained by parents?

Which classification or guideline was used to classify low and high glycemic milk (any reference)?

What was median breastfeeding frequency at night in two randomized groups?

Minor essential revisions:

It would be interesting to know rates of co-sleeping in same room or same bed with parents in study cohort as well (are they same in two randomized groups?).

Why did authors not consider sleep polysomnography?

Discretionary revisions:

It is little confusing that authors had hypothesized that low GI milk will improve sleep parameters over high GI milk when on the contrary, most of the cited literature favors the beneficial effect of high glycemic diet on sleep (please provide references highlighting the beneficial effect of low glycemic milk or diet on sleep parameters).

Were parents' assessment of their kids sleep parameters such as subjective sleep quality, sleep latency, sleep duration, habitual sleep efficiency, sleep disturbances, use of sleep medication, and daytime dysfunction factored into study outcomes using scales like Pittsburgh Sleep Quality Index questionnaire?

Sleep quality is reported to be related to physiological actions and eating behaviors such as skipping meals, eating speed, and watching television during meals or at bedtime; present study did not have data on these variables.
Possibly, the dietary GI in the high glycemic group may still be low (<70 cut-off used for high GI) to affect underlying blood glucose concentrations, or substrate utilization. Any comment!!

Level of interest: An article whose findings are important to those with closely related research interests

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