Reviewer's report

Title: Examining the influence of a text message-based sleep and physical activity intervention among young adult smokers in the United States: a randomized controlled trial

Version: 2  
Date: 30 June 2015

Reviewer: Susan Buchholz

Reviewer's report:

Major Compulsory Revisions

None

Minor Essential Revisions

1. Title – Given that this is actually a secondary data analysis – perhaps you could consider adjusting your title to read “Examining the influence of a text message-based sleep and physical activity intervention among young adult smokers in the United States”.

2. Abstract – The abstract now has more clarity. I think the last part of the sentence that you have at the end of the background “…who had not expressed an interest in changing sleep or activity behavior” – is not necessary. However if you think it is needed, then you can keep it in, it is just a little confusing with the first read.

3. Background – The background now has more clarity. Because you always order sleep first, and physical activity second, I would switch in the sentence under the first paragraph in Background to read “…poor health behaviors, including smoking, insufficient sleep, and physical inactivity, before such behaviors become entrenched.”

4. In the background on the sentence that talks about “recently been applied to a range of health behaviors, including…” I recommend that you take out diet and screen time – as those are not directly relevant to what you are doing with this work.

5. I think that it does not strengthen the paper to put in opposing physical activity text messaging results in the background, when in general these studies have demonstrated a medium effect size.

6. Do you have a reference for the nicely added section on attention-matched control group?

7. Methods – On smokers assessed for eligibility – please correct the 1916 to 1916 smokers?
Thank you for addressing the noted concerns in the earlier review. This is innovative work, and the manuscript certainly adds to the body of text messaging literature, especially in relationship to text messages used for improving sleeping habits.

**Level of interest:** An article of importance in its field

**Quality of written English:** Acceptable

**Statistical review:** No, the manuscript does not need to be seen by a statistician.

**Declaration of competing interests:**

I declare that I have no competing interests.