Reviewer's report

Title: Switching from glargine+insulin aspart to glargine+insulin aspart 30 before breakfast combined with exercise after dinner and dividing meals for the treatment of type 2 diabetes patients with poor glucose control - A prospective cohort study

Version: 1 Date: 16 Jul 2018

Reviewer: Marco Gallo

Reviewer's report:

I really appreciate the modifications made in the paper, which definitely improved the quality of the manuscript. In the new version of the article, inconsistencies disappeared and errors/typos substantially reduced. Moreover, the abstract and the discussion are congruent with the results of the study.

However, some errors and typos still persist and should be cleared from the text, eg: 1) See paragraph "Insulin dose" in the Results section (quite difficult to understand); 2) "type 2 diabetes" in the discussion instead of T2DM; 3) Some punctuations that should be changed.

Furthermore, among the inclusion criteria of the new version of the manuscript, the criteria "HbA1c >6.5 % but <11.0%" appears (instead of "HbA1c >7.5 % but <11.0%" of the previous version). This means that people with a HbA1c 6.5%-7.5% were considered "with poorly controlled blood glucose levels" to the purposes of the study. Therefore, it is hard to evaluate if the new insulin regimen was better than the original one, since the target HbA1c level for the new regimen was set to 7.5%.

Are the methods appropriate and well described?
If not, please specify what is required in your comments to the authors.

No

Does the work include the necessary controls?
If not, please specify which controls are required in your comments to the authors.

No
Are the conclusions drawn adequately supported by the data shown?
If not, please explain in your comments to the authors.
Yes

Are you able to assess any statistics in the manuscript or would you recommend an additional statistical review?
If an additional statistical review is recommended, please specify what aspects require further assessment in your comments to the editors.
I am able to assess the statistics

Quality of written English
Please indicate the quality of language in the manuscript:
Needs some language corrections before being published

Declaration of competing interests
Please complete a declaration of competing interests, considering the following questions:

1. Have you in the past five years received reimbursements, fees, funding, or salary from an organisation that may in any way gain or lose financially from the publication of this manuscript, either now or in the future?
2. Do you hold any stocks or shares in an organisation that may in any way gain or lose financially from the publication of this manuscript, either now or in the future?
3. Do you hold or are you currently applying for any patents relating to the content of the manuscript?
4. Have you received reimbursements, fees, funding, or salary from an organization that holds or has applied for patents relating to the content of the manuscript?
5. Do you have any other financial competing interests?
6. Do you have any non-financial competing interests in relation to this paper?

If you can answer no to all of the above, write 'I declare that I have no competing interests' below. If your reply is yes to any, please give details below.

I declare that I have no competing interests
I agree to the open peer review policy of the journal. I understand that my name will be included on my report to the authors and, if the manuscript is accepted for publication, my named report including any attachments I upload will be posted on the website along with the authors' responses. I agree for my report to be made available under an Open Access Creative Commons CC-BY license (http://creativecommons.org/licenses/by/4.0/). I understand that any comments which I do not wish to be included in my named report can be included as confidential comments to the editors, which will not be published.

I agree to the open peer review policy of the journal