Author’s response to reviews

Title: The Effect of Cognitive Behavioral Therapy for Insomnia in People with Type 2 Diabetes Mellitus, Pilot RCT Part II: Diabetes Health Outcomes

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Point-by-Point response to reviewers’ comments

Dear Editorial Office of BMC Endocrine Disorders and the reviewers,

The authors on the paper titled “The Effect of Cognitive Behavioral Therapy for Insomnia in People with Type 2 Diabetes Mellitus, Pilot RCT Part II: Diabetes Health Outcomes” appreciate the work and effort that have been done since the submission. We accept the opportunity to further this submission by addressing the reviewers’ comments. In this document, you will find the reviewers’ comments addressed point by point. To aid in the clarity of where revisions were made, we submitted a version of the revised manuscript with the revisions highlighted in yellow highlights.

Reviewer 1 point #1.a

Comment: In Background: The repetition problem looks still persistent. May be by combining the first two sentences and by adding the HbA1C and DSCB as outcome could solve it.
Response: We agree with the reviewer’s comment. We have combined both sentences together on lines 71-73.

Reviewer 1 point #1.b

Comment: In line 77 instead of ‘increases in insomnia severity were associated ’ increase in insomnia severity was associated ’ would be better.

Response: Thank you for pointing out this grammatical error. We have addressed this error as suggested on the line 76.

Reviewer 1 point #1.c

Comment: In line 81, instead of 'Previous studies have shown insomnia symptoms are common among people with T2D [5, 6], and other studies have shown that insomnia may independently increase mortality rates.... Previous studies have shown that insomnia symptoms are common among people with T2D and insomnia itself may independently increase mortality rates....

Response: The reviewer made great suggestion to improve readability. This point was addressed on the lines 79-80.

Reviewer 1 point #1.d

Comment: In last sentence of second paragraph, removing 'therefore , while' and adding 'yet' after the references 10,11 would be better .. yet there is a need to

Response: Thank you for this suggestion. We have modified the sentence based on your suggestion on the line 83.

Reviewer 1 point #1.e

Comment: In line 113 - ‘under review' looks like the part of the title. and may create confusion

Response: We see the reviewer’s point. We have removed “under review” as this Part has been already accepted but fully published.

Reviewer 1 point #1.f

Comment: In line 116 - is it 'serve as pilots or a subsequent' or ' serve as pilots for a subsequent"

Response: yes, this is a typo from our side. We have corrected the word on the line .

Reviewer 1 point #2

Comment: Method - rephrasing the line 149 would be better
Response: We have rephrased the sentence “Participants were not asked to follow dietary restrictions prior to the RBG test” to “Participants were tested for the RBG without time specifications or diet instructions”. (line 146)

Reviewer 1 point #3.a

Comment: Discussion: Rephrasing line 271 and 272 would be better 'suggests less room of improvement for people in the HE group, which might future research'.

Response: Thank you for your comment. We have rephrased the sentence on lines 269-272.

Reviewer 1 point #3.b

Comment: Line number 300 and 301 looks little confusing. Could you make it a little clear?

Response: We see the reviewer’s comment. We agree that our previous sentence made confusion for the reader. The sentence was modified to improve clarity on lines 298-299.

Reviewer 1 point #3.c

Comment: in line 325 - fatigue for people or fatigue in people?

Response: Thank you for your question. We have chosen “in” since the results of CBTI was the referred phrase on the line 322.