Reviewer's report

**Title:** Relationship between daily isoflavone intake and sleep in Japanese adults: a cross-sectional study

**Version:** 2  
**Date:** 8 October 2015  
**Reviewer:** Masakazu Terauchi

**Reviewer's report:**

**Major Compulsory Revisions**

#1 This is a very interesting paper about the association between isoflavone intake and sleep hours in Japanese adults. The report being worth to be published in the journal, a critical question remains unaddressed. As authors correctly pointed out, most of the studies of the effects of estrogen and isoflavones on sleep have been done in postmenopausal women (refs. 13, 14, 20, and 21). The effects of isoflavones as weak estrogen receptor agonists should be totally different among premenopausal women, women in menopausal transition, postmenopausal women, and men. Likewise, the effect of isoflavones on cognitive function was studied in older men and women (ref. 31), and that on IGF-1 was studied in women (ref. 32). The authors should further discuss the possible mechanisms of isoflavones being effective universally among the study population predominantly composed of relatively young men and fewer young (presumably premenopausal) women.

**Quality of written English:** Acceptable

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

**Declaration of competing interests:**

Kikkoman corporation, research grant.