Reviewer's report

Title: The effects of aerobic, resistance, and meditative movement exercise on sleep in individuals with depression: protocol for a systematic review and network meta-analysis

Version: 0 Date: 16 Sep 2018

Reviewer: Brynn Adamson

Reviewer's report:

REVIEW:

Overall, clearly written, sound plan of analysis. This is an important undertaking. The section that seems to require the most attention is the background. I have provided several suggestions to help clarify the background. The remainder of the paper is quite clear.

Background:

Line 47-lifetime prevalence where? worldwide?

Using many terms in the first paragraph and throughout background, i.e. unipolar depression, depression, major depression. I would suggest explaining how these terms differ and how you are distinguishing their use.

Line 50: change to $250 billion

Line 51 change increase to increases.

Line 55: This is a huge range of insomnia prevalence, how will you address this in your review?

Line 60-61: one of the most… is insomnia OR Some of the most prevalent… ARE insomnia symptoms

Line 64: Whose treatment guidelines? Are they different depending on geographic location or are there universal guidelines?

Lines 78-79: Include the citations of the meta-analyses here

Lines 99-100: consider changing to "chronic exercise improves thermoregulation"

Lines 107-109: I gather this information is regarding circadian rhythms, but the explanation is very unclear as a person unfamiliar with sleep physiology. Define phase shifts as an attribute of sleep, consider changing "in heterogeneous population"- do you mean that across any population this occurs or within a highly diverse population? How has this been studied? Independent of
light-this needs clarification as well. Do you mean that exercise can induce a phase shift regardless of the presence of sunlight? Briefly define entrainment. This all may be well understood among sleep researchers, but less so for readers whose focus is on exercise or depression.

Line 115: the first point should become the last point-building up to the gap in the literature from the importance instead of the other way around.

Line 118. H with serious adverse effects? What is H?

Lines 120-122: Hypnotics come out of nowhere, but its presence in your abstract signifies its importance. This should be defined in the background prior to this point.

Methods:

Intervention:

Line 155: Explain rationale for including acute and chronic and how these might differ or how you will account for their difference in your analysis.

Outcomes:

Lines 166-167: Since this is your primary outcome, I think it would be useful to include the scales you expect (the way you did for the depression outcomes above). What scales are commonly used?

Lines 223-224: needs punctuation to clarify: "Disagreement will be resolved by consensus. If no consensus can be reached, disagreement will be resolved by adjudication of a designated third reviewer.

Line 248: remove first sentence

Lines 281-284: This information is important, consider including in your background

Line 323: comparator treatments- do you mean control group treatments?

Data Synthesis: Clear, detailed. Well-written.

Discussion: Suitable.
Level of interest
Please indicate how interesting you found the manuscript:

An article whose findings are important to those with closely related research interests

Quality of written English
Please indicate the quality of language in the manuscript:

Needs some language corrections before being published

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Were you mentored through this peer review?

No