Reviewer's report

Title: Sleep and weight loss in low-income overweight or obese postpartum women

Version: 0 Date: 03 Dec 2018

Reviewer: Ree Meertens

Reviewer's report:

General:

The paper is about a timely subject (relation sleep and (over)weight), is concise, well-written and gives a nice overview of the literature in the introduction. The paper reports about fluctuations in weight (as there is no effect of the intervention), that are related to an improvement in sleep parameters (an improvement that is hard to explain). The authors should try to make clearer in the introduction and discussion that they in fact follow natural occurring fluctuations in sleep and weight in this target group (as there is no effect of the intervention, that not even addresses sleep).

In the statistical analysis section, the authors promise more analyses than they provide in the Results section. With respect to the relation sleep-weight only the results are presented for women losing more than 5% weight (compared to women who loose less than 5% weight).

Abstract:

- The trial registration seems to be not about 'sleep' at all. How useful is it to refer to a registration that does not refer to the paper's subject?

Introduction:

- Nice overview of the literature. Maybe only add whether the studies summarized are about participants that are in weight loss interventions or not.

Methods:

- Intervention is not about 'Sleep' at all. Please discuss in the discussion section why sleep in improved over time? Influence of season? The child growing older and sleeping better (and so the mother)?
Results:

-In the methods (Statistical analyses) the authors promise several regression analyses, which I cannot find in the results section. Why a focus on more than 5% weight loss? I do not think it is an argument that this changes significantly over time, as this change must be compensated by a group of women who gain more weight over time (as the means of 'weight' do not change significantly over time). Analyze relations sleep with weight (loss) also in other ways.

Discussion:

-See before: try to explain why sleep improves over time.

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

Yes

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

Unable to assess

**Are the conclusions drawn adequately supported by the data shown?**
If not, please explain in your comments to the authors.

Unable to assess

**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:

Acceptable
**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/](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