Reviewer's report

Title: Bedtime Routines Intervention for Children (BRIC) using an automated text messaging system for behaviour change: study protocol for an early phase study

Version: 0 Date: 08 Oct 2019

Reviewer: J.I. Csikar

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There are some typographical errors such as Page 1: Background ; and spacing issues with commas.

In the background such behaviours could have an implication for ....not 'take place with implications for'.

Don't put etc here: Head Start in the USA etc.

There are sentences that could be smartened up, for example: That better understanding will in return...

Overall the background focuses very heavily on the importance of the bedtime routine, which is good. However I think a little less on this, and a bit more on the other bedtime interventions that have happened may may your case for this intervention and make it more convincing as to why this research is necessary.

It would be clearer to me to have your overarching aim and then the objectives broken up below this. It feels a bit messy at present, especially with this tagged on the end 'Once the concept has been tested within this particular demographic (first time parents) then, more complex, randomised and longitudinal designs will be developed and implemented.'

Can you be clear whether this is a feasibility study or pilot study as they have been used interchangeably.

The Study design overview would benefit from your research standpoint or theoretical underpinning being clearly stated, the type of analysis that will be performed on the data, by whom etc. Feels slightly wholly at the moment in this section but has more detail below.

It would be useful to have some understanding how the sample sizes were generated, are they based on other research in the area? If so please reference. Also saturation can be a difficult concept to manage so this paper may help: https://link.springer.com/article/10.1007/s11135-017-0574-8.

The qualitative analysis needs some attention, as you are using a framework I would expect it to be a framework analysis and may be content analysis, but you seem to have a thematic analysis
plan. It is perhaps the way the paper is laid out that is confusing me, which WPs are being analysed in what ways?

This section could have come in the background 'Text messages are going to be used given the high percentage of people who own a working mobile device (93% in the UK) (16), the successful use of text message interventions targeting other health-related behaviours, their popularity as a means of communication in general and amongst ethnic minorities and deprived communities as well as their overall low cost per participant (17).'

NICE should be in full. The expert panels sounds similar to a Delphi panel, is it?

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