

Peer Review Report

Review Report on Sleeping more hours per day than working can prevent new-onset diabetes

Original Article, Int J Public Health

Reviewer: Reviewer 1

Submitted on: 23 Oct 2023

Article DOI: 10.3389/ijph.2023.1606634

EVALUATION

Q 1 Please summarize the main findings of the study.

The manuscript submitted for evaluation by Yu et al present the results of an analysis aiming to evaluate the risk of diabetes associated with the predictive ability of daily sleep hours /work hours. Although data on sleep duration or work time as predictors of diabetes onset exist, nothing is available yet on the combined effect of both. In this cohort study were analyzed data of 8363 participants without diabetes at baseline and who participated in at least two follow-up rounds of the China Health and Nutrition Survey between 2004 and 2015. The authors showed an L-shaped association between assessed ratio and risk of diabetes during the follow-up period with a lower risk of diabetes among those sleeping longer than working.

Q 2 Please highlight the limitations and strengths.

The main study limitations are represented by the retrospective collection of sleep and work data, and self-declared diagnosis of diabetes. Also, the applicability of these findings in other populations remains to be shown. The strengths of this research are represented by the large cohort of participants followed during this study.

Q 3 Please provide your detailed review report to the authors. The editors prefer to receive your review structured in major and minor comments. Please consider in your review the methods (statistical methods valid and correctly applied (e.g. sample size, choice of test), is the study replicable based on the method description?), results, data interpretation and references. If there are any objective errors, or if the conclusions are not supported, you should detail your concerns.

The manuscript submitted for evaluation by Yu et al present the results of an analysis aiming to evaluate the risk of diabetes associated with the predictive ability of daily sleep hours /work hours. Although data on sleep duration or work time as predictors of diabetes onset exist, nothing is available yet on the combined effect of both. In this cohort study were analyzed data of 8363 participants without diabetes at baseline and who participated in at least two follow-up rounds of the China Health and Nutrition Survey between 2004 and 2015. The authors showed an L-shaped association between assessed ratio and risk of diabetes during the follow-up period with a lower risk of diabetes among those sleeping longer than working.

The manuscript is very well written, and the title reflects the content of the manuscript. The study design is appropriate, the study objectives and methods are clear, and the conclusions are supported by the results.

Although the manuscript is of high quality and the research topic is interesting and original, I have few minor comments:

1. Please clarify how was how was collected the data on dietary intake and how was the caloric and macronutrient intake estimated? Food journals, 24h dietary recall, food frequency questionnaires?
2. Please provide the median follow-up time for the participants included.
3. Please update the Study limitations paragraph with the self-declared diagnosis of diabetes and applicability of these findings to non-Chinese populations.

PLEASE COMMENT

Q 4 Is the title appropriate, concise, attractive?

Yes.

Q 5 Are the keywords appropriate?

Yes.

Q 6 Is the English language of sufficient quality?

Yes.

Q 7 Is the quality of the figures and tables satisfactory?

Yes.

Q 8 Does the reference list cover the relevant literature adequately and in an unbiased manner?)

Yes, the references cover the relevant literature.

QUALITY ASSESSMENT

Q 9 Originality



Q 10 Rigor



Q 11 Significance to the field



Q 12 Interest to a general audience



Q 13 Quality of the writing



Q 14 Overall scientific quality of the study



REVISION LEVEL

Q 15 Please make a recommendation based on your comments:

Minor revisions.