

Review of: "Exploring the Multidimensional Influences on Sleep and Active Heart Rate Dynamics: A Comprehensive Study"

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Potential competing interests: No potential competing interests to declare.

Hi, thanks a lot for giving me the opportunity to review your interesting work, "Exploring the multidimensional influences on sleep and active heart rate dynamics: A comprehensive study".

I think the introductory part is well-written and clear. We understand the aim of your study.

The materials and methods part is good too, but I think you need to clarify the inclusion/exclusion criteria used to select your participants. About the measures, can you please specify that BMI was not measured but self-reported (if I understood correctly)? If yes, did you give guidelines to participants (measuring weight during the morning, without shoes or clothes, etc.)? Please specify. The statistics are clear, and I agree with your decision to not impute missing data.

About the results, this is clear, but I think Table 3 is very long. If you find a way to make it easier to read, that would be good.

About the discussion, this is complete and well-written. I just would like to know if you analysed the BMI as a confounding factor between ethnicity and heart rate?

The conclusion is short, and I think it is good, but can you add 1-2 lines about the concrete impact of your work on healthcare interventions, research directions, etc.? We understood that you highlighted correlations between heart rate and a lot of variables, but I'm not sure that I fully understand how your work can change, for example, the way we care for a patient.

Thanks a lot, and have a nice day.

Sincerely, Jules Morcel, PhD, INFINITE Research Lab, Clinical Investigation Center, Lille, France