

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

Eric J. Daza¹

¹ Independent researcher

Potential competing interests: No potential competing interests to declare.

I enjoyed reading this interesting article, which identified gaps in knowledge around sleep and heart rate—and how to fill them by suggesting the types of data to collect and the analysis methods to use. The authors should clarify what they mean by “significance” and “effect” at various points throughout the text. “Significance” is sometimes used to convey both “scientific/clinical importance” and “discernibility from evidence”. Likewise, “effect” is at times used to convey both “correlation/association” and “resulting change from a known or suspected cause”. The authors have already done a great job of clarifying what they mean in many places and can further strengthen their text by clarifying the remaining instances. Details are in the attached file “F45IIT-TL5F3I.2_reviewercomments.pdf”.