

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.

The study leverages a multidimensional framework that considers an array of influencing factors, including social networks, personal characteristics, and environmental and behavioral elements. This adds depth to understanding heart rate dynamics.

The sample is limited to a single university cohort, which may constrain generalizability. Future studies could benefit from multi-site data collection to capture more diverse demographic variations.

Aspects such as psychological assessments are self-reported, which may introduce bias. Incorporating more objective measures could enhance data reliability.

While the study identifies associations, causal inferences are limited due to the observational nature. Experimental interventions could clarify specific causal pathways among variables.