

# Review of: "A Systematic Review and Meta-Analysis of Psychotherapeutic Approaches for Recurring Nightmares"

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**Potential competing interests:** No potential competing interests to declare.

The study is interesting and I consider that it can contribute a lot to the scientific evidence in the area of sleep disorders, however I have some observations that would allow the manuscript to be improved:

In the abstract, remove the phrase "The effect sizes for EMDR were smaller than those for CBT and IRT, but still significant." It's redundant. I suggest only considering the relevant findings.

In the Methods section: I suggest modifying the systematic review flow and adapting it to the new PRISMA 2020 guidelines. Declare the way in which discrepancies in the review and data extraction were resolved.

Indicate and declare how the process of analyzing the quality of the evidence was and how many and who of the authors carried out this process, as well as how discrepancies were resolved.

I also suggest that you should improve the writing of this section in the past tense since most of it is written in the future tense, knowing that the study has already been carried out.

In the results section: I suggest citing the references of the studies that are distributed by geographic regions and types of therapies.

In the discussion section: I consider that the writing is very light and sparse, but it can be improved, so I suggest that an analysis of the results can be carried out in comparison with antecedent studies and literature available to date.