

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.

Thank you very much. It looks like a very interesting study.

These are my recommendations:

1-) You should give more information about the association.

Gender and race/ethnicity were associated with heart rate dynamics, as were conscientiousness and depression levels.

2-) You should give more information about the size of the relationship.

Behavioral factors, such as physical activity and daily class attendance, played a substantial role in heart rate patterns.

3-) You can add references for the following sentences:

Heart rate, a vital physiological marker, is integral to understanding cardiovascular health. It intersects with disciplines such as cardiology, sociology, psychology, and public health, offering crucial insights into individual well-being, identifying cardiovascular risk factors, and informing heart health strategies. Grasping the complex interactions between heart rate dynamics and various influencing factors is key to advancing our understanding in these areas.

5-) You can discuss the relevant mechanisms further:

Social factors significantly impact heart rate dynamics. Studies reveal the influence of peer interactions, showing that individuals' heart rate patterns can mirror those of the people they interact with.

6-) You can make a statistical analysis to determine whether or not the distribution of missing information is random.

7-) You can write the first paragraph of the discussion more concisely. You can remove unnecessary words, only highlighting the novelty of the study.