

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 for submitting your manuscript. To improve its chances of acceptance, we recommend addressing some critical issues related to language quality and technical aspects. Enhancing these areas will greatly strengthen your paper and help it meet the required standards.

ABSTRACT

The abstract is longer than recommended. It should be up to 200 words. In addition, it's over-described and needs more information on the results and more data values.

It looks like the manuscript is missing a data access statement. The manuscript must include a statement on how/if data supporting the research is available.

Key-words?

LITERATURE REVIEW

This section would be more attractive to the reader if the authors included a diagram or infographic to illustrate the information; otherwise, this section of the manuscript seems very long to me. Another suggestion could be to add some of this information to the introduction and eliminate this section from the manuscript.

DATA

This section on methods would also look better with an outline. Could the authors make this change?

RESULTS

I miss the fact that the values in the table accompany the results. They're too descriptive, too much text, and not enough numbers.

TABLE 1

Units of measurement for variables?

TABLE 3

Very extensive.

DISCUSSION

Page 15 – Concerning ... Concerning ... (repetition of the term unnecessarily)

IMPLICATIONS FOR FUTURE RESEARCH

Authors should add this section to the manuscript.

CONCLUSIONS

The authors should give a better conclusion, and there is no need to start this section with “In conclusion.”

DISCLOSURES

It looks like the manuscript is missing an author contributions statement.

REFERENCES

The manuscript has too many older references. For original research, it is recommended that authors avoid citing too many old references.