

## REVIEWER'S REPORT

Manuscript No.: IJAR-52033

Date: 31/05/2025

**Title: Prevalence and Correlates of Sleep Disorders in Children Aged 5–12 Years Admitted to a Tertiary Health Centre**

### Recommendation:

- ✓ Accept as it is .....  
 Accept after minor revision.....  
 Accept after major revision .....  
 Do not accept (*Reasons below*) .....

Rating	Excel.	Good	Fair	Poor
Originality		✓		
Techn. Quality		✓		
Clarity		✓		
Significance	✓			

Reviewer Name: Dr. S. K. Nath

Date: 31/05/2025

### Reviewer's Comment for Publication:

This study effectively highlights that sleep disorders are prevalent among hospitalized children aged 5–12, with sleep talking, nocturnal awakenings, and snoring being most common. It emphasizes the multifactorial nature of these disturbances, linked to behavioral and lifestyle factors like irregular routines, screen time, and dietary habits. The findings underscore the importance of routine screening and early intervention in clinical settings. Future longitudinal studies with objective assessments are recommended to better understand the long-term consequences and to evaluate the efficacy of targeted interventions.

### Reviewer's Comment / Report

#### Strengths

- **Comprehensive Methodology:** The study employs a structured, questionnaire-based approach aligned with established guidelines from the Indian Academy of Paediatrics, enhancing validity.
- **Focus on Hospitalized Children:** It fills a notable gap by examining sleep disorders specifically within a hospitalized paediatric population, which is underrepresented in existing literature.
- **Identification of Modifiable Risk Factors:** The research highlights practical factors such as bedtime routines, screen time, and sugar intake, which can be targeted for intervention.
- **Statistical Analysis:** Use of appropriate statistical tools like chi-square and t-tests provides a robust analysis of associations.
- **Ethical Considerations:** Proper ethical approval and informed consent procedures were followed, ensuring participant safety and compliance.

#### Weaknesses

- **Cross-Sectional Design:** The study's design limits the ability to infer causation or understand longitudinal effects of sleep disturbances.
- **Limited Scope of Data Collection:** Reliance on parent-reported data may introduce recall bias and may not capture subclinical or objectively measured sleep issues.
- **Sample Size & Generalizability:** While adequate for prevalence estimation, the sample is limited to a single tertiary care center, which may not represent broader community settings.
- **Lack of Objective Sleep Measurements:** No use of polysomnography or actigraphy to validate self-reported sleep disturbances.
- **Potential Biases:** Selection bias may exist due to the specific hospital-based sample and exclusion of children with severe or diagnosed sleep disorders.