

REVIEWER'S REPORT

Manuscript No.: IJAR-52033

Date: 02-06-2025

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

Recommendation:

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

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

Reviewer's Name: Dr Aamina

Reviewer's Decision about Paper: **Recommended for Publication.**

Comments (*Use additional pages, if required*)

Reviewer's Comment / Report

Research Focus:

This study investigates the prevalence and correlates of sleep disorders in hospitalized children aged 5–12 years, an area with limited prior data, particularly within the Indian pediatric inpatient setting.

Abstract and Clarity:

The abstract clearly summarizes the background, objectives, methodology, key findings, and

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conclusion. It effectively presents the study's focus on prevalence, risk factors, and impacts on daytime functioning, making it accessible to readers.

Introduction and Background:

The introduction provides a concise overview of normal sleep architecture, laying a foundational understanding of sleep stages relevant to pediatric sleep disorders. This background contextualizes the clinical importance of studying sleep disruptions in children.

Methodology:

The cross-sectional design, with recruitment of children within 48 hours of admission, is well defined. The use of structured questionnaires based on Indian Academy of Pediatrics guidelines ensures standardized data collection covering multiple relevant domains including demographics, bedtime habits, and behavioral impacts.

Results:

The results section reports a 34% prevalence of sleep disorders among the sample, detailing the most common disturbances (sleep talking, night awakenings, snoring) alongside associated risk factors such as late bedtime, screen time, and sugar intake. The inclusion of daytime behavioural consequences and gender differences, such as teeth grinding prevalence, provides a comprehensive picture.

Discussion and Conclusion:

The conclusion succinctly interprets the findings, emphasizing the high prevalence of sleep disorders and modifiable risk factors that impact daytime functioning. It underscores the potential for targeted interventions in clinical pediatric care to improve sleep and associated outcomes.

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Relevance and Contribution:

The study addresses a significant gap in knowledge regarding pediatric sleep disorders in hospitalized children within India. It offers valuable epidemiological data and identifies behavioral correlates that may inform clinical assessment and intervention strategies.

Language and Organization:

The manuscript is logically structured and written in clear academic language appropriate for healthcare professionals and researchers. The flow from introduction through methodology, results, and conclusion is coherent.

Overall Assessment:

This manuscript presents well-structured and methodologically sound research on an important pediatric health topic. The findings add meaningful insights into sleep disorders' prevalence and correlates in hospitalized children and have implications for improving pediatric care practices.
