Author's response to reviews

Title: The association between self-reported lack of sleep, low vitality and impaired glucose tolerance: a Swedish cross-sectional study

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Author's response to reviews: see over
Answers to reviewers

Title: The association between lack of sleep, low vitality and impaired glucose tolerance: a Swedish cross-sectional study

Reviewer: Juha Saltevo 24 May 2013

The conclusion in the abstract is not clear when the authors talk about low vitality. If the low vitality is not associated statistically significantly in men, why do the authors state that it SEEMS ASSOCIATED WITH IGT IN BOTH SEXES? The whole sentence is not clear and too long. This is important, because the main message of this study is here.

ANSWER
We shortened this sentence and made the conclusion on low vitality more clear. Though close to significant in women the association was lost in a full multivariate model and this is now straightened up. It now corresponds well with the statements in the final paragraph of the discussion.

Page 4 (there are NO page numbers) at the end. The Finnish trial on IGT(16). It is better to write: the Finnish Diabetes Prevention Study on IGT.

ANSWER
We agree and changed the text accordingly.

Table 1: BMI on NGT Group is only 6.5. Please, correct.
ANSWER
Thank you for this observation. The correct BMI value here should be 26.5 and this is now corrected.

Maybe it should be added to the limitations of study that HbA1c values are not done.

ANSWER
We now included among the limitations that HbA1c was not measured in the complete sample.

After these corrections this study can be accepted.

Thank you!
Reviewer: Femke Rutters 28 May 2013

The article has greatly improved by the authors. Unfortunately, still some questions remain.

Major compulsive revise
1) This question was also posed by reviewer 1 and was not answered proficiently; did you use the PSQI? If yes, please state in your materials and methods. If yes, you should also include sleep duration in the analysis, while it will provide information on actual sleep duration shortage vs. vitality vs. Feeling lack of sleep.

ANSWER
We did not use the PSQI by protocol and never tried to give hat impression. It is important to state that sleep duration was not measured but self-reported. It was described in that way, but to avoid any further uncertainty we now took this comment into the limitations of the study.

2) I still do not understand why the authors split the analysis for men and women. Is gender a moderator? Because I do not think so, and the groups will be bigger when combined. If gender is really a moderator, please give a possible mechanism.

ANSWER
Given diabetes the female protection against IHD is lost and it is of great importance to understand the underlying mechanisms for this. When exploring new risk factors for impaired glucose metabolism we think it is important to investigate the sex specific findings in search of new hypotheses to explain this observation.

Minor essential revisions
1) A small suggestion: please repeat the groups that were made for vitality in the result section. This makes it easier to read.

ANSWER
We now clarified this section.

Reviewer: Zumin Shi 13 May 2013

The responses and the revised manuscript are satisfactory. I have no further comments.

ANSWER
Thank you!