Reviewer's report

Title: A dietary supplement to improve the quality of sleep: a randomized placebo controlled trial

Version: 1 Date: 19 January 2010

Reviewer: Alan Wade

Reviewer's report:

1. This is a well conducted and well reported study which is suitable for publication
2. no major revisions are required
3. in the introduction references 8-10 do not all support the contention that PUFA favours melatonin synthesis and references 11-13 that the extract in question decreases hepatic metabolism of melatonin. I would suggest that this paragraph is reworked along the lines of "claimed mechanisms of action for the supplement include........... but there is little scientific evidence to support these"
4. I am not a statistician but support the use of a mixed model in this type of study. I failed to understand the model description and wonder if a simplified explanation could be provided for non-statisticians. I think this should be reviewed by the authors before publication.
5. I think it might help if it is emphasised in the discussion that other clinical studies of melatonin have only shown efficacy in elderly patients (Wade 2007; Lemoine 2007)
6. the Leeds sleep evaluation questionnaire is difficult to use -- it is not a simple series of 10 cm lines and there are particular difficulties in extending its use over a long period of time with constant reference to the same baseline. It might help nonspecialist readers if this is pointed out.

Level of interest: An article whose findings are important to those with closely related research interests

Quality of written English: Acceptable

Statistical review: Yes, but I do not feel adequately qualified to assess the statistics.

Declaration of competing interests:

I declare that I have no competing interests