Reviewer's report

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

Version: 2 Date: 21 April 2010

Reviewer: Joanna Stewart

Reviewer's report:

I have read through this manuscript and the design, methods, statistical analysis and interpretation and am pleased to say all appear to have no problems. It is well designed and analysed.

My only comments (which are all minor) would be

1. to add the direction of the scores for the LSEQ in the methods paragraph headed ‘Evaluation criteria and follow-up’ to allow the reader to interpret the direction of the any differences (even though no difference was observed in this study)

2. Methods – paragraph headed ‘Sample size’ – end of second line ‘a score variance of 15’ should be ‘a score standard deviation of 15’ (a SD of 15 produces the sample size used – a variance of this size would require a very small sample indeed)

3. Table 4 – the column heading ‘variation’ would be better replaced by ‘change’ or ‘difference’ Variation is confusing as it can be confused with the variance in the individual responses.