

Dear Dr. Fang-Fang,

Please find below details regarding our response to reviewer's comments. Thank you for the opportunity to revise our manuscript.

Thank you for your time.

#### Step 1-2: Revise and Update Manuscript

Reviewer 1:

**ESPS manuscript NO:** 32425

**Title:** Sleep, Health Behaviors, and Behavioral Interventions: Reducing the Risk of Cardiovascular Disease in Adults

**Reviewer's code:** 03658402

**Reviewer's country:** 0

**Science editor:** Fang-Fang Ji

**Date sent for review:** 2017-01-10 15:05

**Date reviewed:** 2017-01-17 19:13

**Comments to Authors:** In the prevention of cardiovascular diseases (CVD) it is important to elucidate traditional well-known risk factors. However, it is crucial to find new risk factors of CVD. There is a possible relation between sleep as a health behaviour and the risk of CVD in adults. Interventions that focus on psychological status, health behaviors, and medical targets may indeed hold substantial promise to modify sleep and other health behaviors to reduce cardiac risk. Received manuscript is interesting and should be accepted for publication.

*Our response: Thank you for your positive comments.*

Reviewer 2:

**Name of journal:** World Journal of Cardiology

**ESPS manuscript NO:** 32425

**Title:** Sleep, Health Behaviors, and Behavioral Interventions: Reducing the Risk of Cardiovascular Disease in Adults

**Reviewer's code:** 03494132

**Reviewer's country:** Italy

**Science editor:** Fang-Fang Ji

**Date sent for review:** 2017-01-10 15:05

**Date reviewed:** 2017-01-23 22:43

**Comments to Authors:** The present review regarding Health Behaviors and Behavioral Interventions aiming at the reduction of Cardiovascular risk is well written, comprehensive and easy to follow. I suggest to add some tables summarizing the most important trials reporting the positive effect of MI and CBT in the improvement of life-style changing and CV outcome.



Completed and form attached.