

PEER-REVIEW REPORT

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Title: Effects of mindful breathing combined with sleep-inducing exercises in patients with insomnia

Reviewer's code: 03716971

Position: Peer Reviewer

Academic degree: MD

Professional title: Doctor

Reviewer's Country/Territory: Taiwan

Author's Country/Territory: China

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Reviewer chosen by: Li Ma

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Scientific quality	<input type="checkbox"/> Grade A: Excellent <input type="checkbox"/> Grade B: Very good <input checked="" type="checkbox"/> Grade C: Good <input type="checkbox"/> Grade D: Fair <input type="checkbox"/> Grade E: Do not publish
Language quality	<input type="checkbox"/> Grade A: Priority publishing <input checked="" type="checkbox"/> Grade B: Minor language polishing <input type="checkbox"/> Grade C: A great deal of language polishing <input type="checkbox"/> Grade D: Rejection
Conclusion	<input type="checkbox"/> Accept (High priority) <input type="checkbox"/> Accept (General priority) <input checked="" type="checkbox"/> Minor revision <input type="checkbox"/> Major revision <input type="checkbox"/> Rejection
Re-review	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No
Peer-reviewer statements	Peer-Review: <input checked="" type="checkbox"/> Anonymous <input type="checkbox"/> Onymous Conflicts-of-Interest: <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No



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SPECIFIC COMMENTS TO AUTHORS

The study entitled “Effects of mindful breathing combined with sleep-inducing exercises in insomnia patients” used a quasi-experimental design to examine whether home-practice effects of mindful breathing combined with a sleep-inducing exercise are beneficial for patients with insomnia. Two groups of patients (40 in the control group and 40 in the observation group claimed by the authors) were assessed for their performance in sleep quality (using PSQI), insomnia severity (using ISI), and general anxiety (using GAD-7). The results indicated that the observation group had better sleep quality, insomnia severity, and general anxiety than the case group in post-assessment and follow-up assessment. The study topic is interesting and the use of mindful breathing combined with sleep-inducing exercises could be potential treatment for patients with insomnia. However, I have several concerns when reading the paper. 1. I think that the authors should clearly indicate that they use a quasi-experimental design for readers to better understand the study design. Moreover, I think that “observation group” is not a good term to define the group who received additional treatment (i.e., mindful breathing combined with sleep-inducing exercises”. It would be better to indicate that this group is a “treatment group”. 2. The authors have tested GAD-7; however, the performance of GAD-7 was not mentioned in the Abstract. 3. Based on the principle of person-first language, I would suggest using “people with insomnia” or “patients with insomnia” instead of “insomnia patients”. 4. The authors claimed to test the home-practice effects of mindful breathing combined with a sleep-inducing exercise. However, the treatment has been given since the patients were in the hospital. Therefore, the authors should explain how they distinguish the effects from the treatment provided in the hospital settings and those from the home-base. 5. The description “The numeric data were expressed as $\bar{x} \pm SD$, and t-tests were performed” is wrong. The authors



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should consult a statistician to describe the statistics accurately. 6. Apparently, the authors did not consider the inflation of type 1 error in their study. Please consult a statistician to tackle this issue. 7. The presentation of $p=0.000$ is wrong. P-value can never be 0. Therefore, when the p-value is very small, please use $p<0.001$ to present. 8. The authors mentioned that “The groups were comparable in baseline characteristics, with no significant differences”. However, the authors did not provide such comparison statistics and the baseline characteristic information (except for the age and gender). 9. I may overlook. However, it seems that the authors did not mention whether there is loss to follow-up. If there is any loss to follow-up, this should be clearly mentioned with the information how the authors take care of the issue of loss to follow-up. 10. I think that providing a flowchart can enhance the readability of the manuscript. That is, the readers can have a better idea regarding the study design and study process. 11. The authors assessed GAD-7; however, they did not mention anything regarding the effects of mindfulness on anxiety in the Introduction. 12. Pakpour and his colleagues have done some studies in the cognitive therapies on sleep. I believe that their studies are relevant to the present submission. I would strongly encourage the authors to elevate their study quality with the use of previous studies.