

PEER-REVIEW REPORT

Name of journal: World Journal of Diabetes

Manuscript NO: 41192

Title: Unhealthy eating habits around sleep and sleep duration: To eat or fast?

Reviewer's code: 03469232

Reviewer's country: Japan

Science editor: Fang-Fang Ji

Date sent for review: 2018-08-13

Date reviewed: 2018-08-16

Review time: 2 Days

SCIENTIFIC QUALITY	LANGUAGE QUALITY	CONCLUSION	PEER-REVIEWER STATEMENTS
<input type="checkbox"/> Grade A: Excellent	<input checked="" type="checkbox"/> Grade A: Priority publishing	<input type="checkbox"/> Accept	Peer-Review:
<input type="checkbox"/> Grade B: Very good	<input type="checkbox"/> Grade B: Minor language	(High priority)	<input checked="" type="checkbox"/> Anonymous
<input checked="" type="checkbox"/> Grade C: Good	polishing	<input type="checkbox"/> Accept	<input type="checkbox"/> Onymous
<input type="checkbox"/> Grade D: Fair	<input type="checkbox"/> Grade C: A great deal of	(General priority)	Peer-reviewer's expertise on the
<input type="checkbox"/> Grade E: Do not	language polishing	<input checked="" type="checkbox"/> Minor revision	topic of the manuscript:
publish	<input type="checkbox"/> Grade D: Rejection	<input type="checkbox"/> Major revision	<input type="checkbox"/> Advanced
		<input type="checkbox"/> Rejection	<input checked="" type="checkbox"/> General
			<input type="checkbox"/> No expertise
			Conflicts-of-Interest:
			<input type="checkbox"/> Yes
			<input checked="" type="checkbox"/> No

SPECIFIC COMMENTS TO AUTHORS

The manuscript entitled "Unhealthy eating habits around sleep and sleep duration: To eat or fast?" is an interesting and well-written Editorial which introduce chrono-nutrition in the management of diabetes. Although the author mentioned some endocrinological factors in the association between circadian rhythm and late-night



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dinner eating (LNDE), the effect of LNDE on neuroendocrine system was not well discussed. As the author stated, studies concerning the effect of LNDE on circadian rhythm are limited; however, the reviewer would recommend that the author add more information regarding the association of LNDE with circadian misalignment.

INITIAL REVIEW OF THE MANUSCRIPT

Google Search:

- ☐ The same title
- ☐ Duplicate publication
- ☐ Plagiarism
- ☐ [Y] No

BPG Search:

- ☐ The same title
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- ☐ Plagiarism
- ☐ [Y] No

PEER-REVIEW REPORT

Name of journal: World Journal of Diabetes

Manuscript NO: 41192

Title: Unhealthy eating habits around sleep and sleep duration: To eat or fast?

Reviewer's code: 03402733

Reviewer's country: Japan

Science editor: Fang-Fang Ji

Date sent for review: 2018-08-13

Date reviewed: 2018-08-16

Review time: 3 Days

SCIENTIFIC QUALITY	LANGUAGE QUALITY	CONCLUSION	PEER-REVIEWER STATEMENTS
<input type="checkbox"/> Grade A: Excellent	<input type="checkbox"/> Grade A: Priority publishing	<input type="checkbox"/> Accept	Peer-Review:
<input type="checkbox"/> Grade B: Very good	<input type="checkbox"/> Grade B: Minor language	(High priority)	<input type="checkbox"/> Anonymous
<input type="checkbox"/> Grade C: Good	polishing	<input type="checkbox"/> Accept	<input type="checkbox"/> Onymous
<input type="checkbox"/> Grade D: Fair	<input type="checkbox"/> Grade C: A great deal of	(General priority)	Peer-reviewer's expertise on the
<input type="checkbox"/> Grade E: Do not	language polishing	<input type="checkbox"/> Minor revision	topic of the manuscript:
publish	<input type="checkbox"/> Grade D: Rejection	<input type="checkbox"/> Major revision	<input type="checkbox"/> Advanced
		<input type="checkbox"/> Rejection	<input type="checkbox"/> General
			<input type="checkbox"/> No expertise
			Conflicts-of-Interest:
			<input type="checkbox"/> Yes
			<input type="checkbox"/> No

SPECIFIC COMMENTS TO AUTHORS

Major comments Kei Nakajima write an editorial to review unhealthy lifestyles associated with breakfast skipping, late-night dinner eating, and sleep duration on cardiometabolic diseases. This review encompasses an interesting topic. These unhealthy lifestyles are important in Asia. No critical problem is involved in this study.



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INITIAL REVIEW OF THE MANUSCRIPT

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BPG Search:

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- ☐ Plagiarism
- ☐ [Y] No

PEER-REVIEW REPORT

Name of journal: World Journal of Diabetes

Manuscript NO: 41192

Title: Unhealthy eating habits around sleep and sleep duration: To eat or fast?

Reviewer's code: 00036318

Reviewer's country: Greece

Science editor: Fang-Fang Ji

Date sent for review: 2018-08-13

Date reviewed: 2018-08-17

Review time: 4 Days

SCIENTIFIC QUALITY	LANGUAGE QUALITY	CONCLUSION	PEER-REVIEWER STATEMENTS
<input type="checkbox"/> Grade A: Excellent	<input type="checkbox"/> Grade A: Priority publishing	<input type="checkbox"/> Accept	Peer-Review:
<input type="checkbox"/> Grade B: Very good	<input type="checkbox"/> Grade B: Minor language	(High priority)	<input type="checkbox"/> Anonymous
<input type="checkbox"/> Grade C: Good	polishing	<input type="checkbox"/> Accept	<input type="checkbox"/> Onymous
<input type="checkbox"/> Grade D: Fair	<input type="checkbox"/> Grade C: A great deal of	(General priority)	Peer-reviewer's expertise on the
<input type="checkbox"/> Grade E: Do not	language polishing	<input type="checkbox"/> Minor revision	topic of the manuscript:
publish	<input type="checkbox"/> Grade D: Rejection	<input type="checkbox"/> Major revision	<input type="checkbox"/> Advanced
		<input type="checkbox"/> Rejection	<input type="checkbox"/> General
			<input type="checkbox"/> No expertise
			Conflicts-of-Interest:
			<input type="checkbox"/> Yes
			<input type="checkbox"/> No

SPECIFIC COMMENTS TO AUTHORS

This is a well-written editorial from an expert on the field of nutrition. The editorial is balanced, well-organized, comprehensive and uptodate.

INITIAL REVIEW OF THE MANUSCRIPT



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BPG Search:

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- ☐ No

PEER-REVIEW REPORT

Name of journal: World Journal of Diabetes

Manuscript NO: 41192

Title: Unhealthy eating habits around sleep and sleep duration: To eat or fast?

Reviewer's code: 02951258

Reviewer's country: Ukraine

Science editor: Fang-Fang Ji

Date sent for review: 2018-08-13

Date reviewed: 2018-08-18

Review time: 5 Days

SCIENTIFIC QUALITY	LANGUAGE QUALITY	CONCLUSION	PEER-REVIEWER STATEMENTS
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			<input type="checkbox"/> No expertise
			Conflicts-of-Interest:
			<input type="checkbox"/> Yes
			<input type="checkbox"/> No

SPECIFIC COMMENTS TO AUTHORS

The manuscript by Kei Nakajima "Unhealthy eating habits around sleep and sleep duration: To eat or fast?" is an well-written and easy to read editorial. The main focus of this work is aimed to nutrition and its relationship to metabolic disorders. Although current evidence about the effect of late-night dinner eating and breakfast skipping are



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limited, it would be great to add more information concerning the alternations of circadian rhythms and the secretion of leptin, ghrelin and incretins. Generally the editorial is well-organized, up-to-date and can be published in WJD.

INITIAL REVIEW OF THE MANUSCRIPT

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BPG Search:

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- ☐ Plagiarism
- ☐ No

PEER-REVIEW REPORT

Name of journal: World Journal of Diabetes

Manuscript NO: 41192

Title: Unhealthy eating habits around sleep and sleep duration: To eat or fast?

Reviewer's code: 02446627

Reviewer's country: United States

Science editor: Fang-Fang Ji

Date sent for review: 2018-08-13

Date reviewed: 2018-08-18

Review time: 5 Days

SCIENTIFIC QUALITY	LANGUAGE QUALITY	CONCLUSION	PEER-REVIEWER STATEMENTS
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			<input type="checkbox"/> No expertise
			Conflicts-of-Interest:
			<input type="checkbox"/> Yes
			<input type="checkbox"/> No

SPECIFIC COMMENTS TO AUTHORS

Nice and concise editorial with few important point for future research. The topic and data remains controversial but makes it a good editorial

INITIAL REVIEW OF THE MANUSCRIPT



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