

REVIEWER'S REPORT

Manuscript No.: JNHM-114

Title: The Effects of Sleep Deprivation on Physical and Mental Health: A Comprehensive Review.

Recommendation:

- Accept as it is
- Accept after minor revision.....**
- Accept after major revision
- Do not accept (*Reasons below*)

Rating	Excel.	Good	Fair	Poor
Originality		✓		
Techn. Quality		✓		
Clarity	✓			
Significance	✓			

Reviewer Id: JPR-136

Reviewer's Comment for Publication.

The manuscript presents a relevant and timely review of the effects of sleep deprivation on physical and mental health. The paper is well structured, clearly written, and supported by appropriate references. The discussion effectively highlights the health consequences of inadequate sleep and the importance of preventive measures. Minor revisions are suggested to strengthen critical analysis of the literature and include limitations of the review.