

REVIEWER'S REPORT

Manuscript No.: IJAR-58509

Title: Effectiveness of Warm Water Footbath on Quality of Sleep Among Cancer Patients

Recommendation:

Accept as it is

Accept after minor revision...

Accept after major revision

Do not accept (*Reasons below*)

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

Reviewer's ID: Dr. Sumathi

Detailed Reviewer's Report

1. A warm water footbath is an excellent at-home hydrotherapy technique to relieve stress, soothe sore muscles, and improve local circulation. To do it safely, fill a basin or specialized foot spa with water between 95°F and 104°F (ensure it is never scalding). Soak for 10 to 20 minutes, dry thoroughly, and moisturize.
2. Sleep quality measures how well you rest, not just how long you sleep. Good quality means you fall asleep in under 30 minutes, sleep deeply through the night with few disruptions, and wake up feeling refreshed. It is essential for cellular repair, memory consolidation, and emotional balance.
3. Cancer patients require comprehensive support that encompasses medical treatment, emotional well-being, and lifestyle adaptation. Key resources for coping with a diagnosis, financial planning, and treatment side effects are readily available through specialized support networks.
4. Drinking warm water is a comforting, zero-calorie way to stay hydrated. While many claims are overstated, it can actively help provide modest relief for nasal congestion, ease mild muscle or

REVIEWER'S REPORT

abdominal cramps, and stimulate digestion and bowel movements for some people.

5. Up to 57% of cancer patients experience poor sleep quality, with insomnia rates soaring as high as 90% intermittently. This is largely driven by tumor-related pain, treatment side effects (e.g., chemotherapy, steroid medications), and emotional stress. Chronic sleep disruption significantly lowers overall quality of life, suppresses immune function, and can negatively impact treatment tolerance and prognosis.
6. Sleep quality among cancer patients refers to how well they rest, which is severely affected by up to 90% experiencing insomnia. It encompasses difficulty falling or staying asleep and daytime dysfunction. Poor rest exacerbates fatigue, compromises the immune system, and lowers overall quality of life.
7. The effectiveness of warm water largely stems from heat-induced vasodilation (widening of blood vessels) and the soothing properties of moist steam. These mechanisms provide targeted relief for both internal and external bodily functions, ranging from muscle relaxation to upper respiratory support.
8. Quality sleep is defined by how well you rest, rather than just the number of hours you spend in bed. It features quick sleep onset (falling asleep within 30 minutes), consolidated rest (waking up no more than once), high sleep efficiency, and feeling refreshed and energized upon waking.
9. Key words are good but can be included more words.
10. In result part for values can be made graphs.
11. Summary points also be added.
12. References can be included some more with discussion points.
13. After a small changes good to publish in your journal.