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REVIEWER'S REPORT

Manuscript No.: IJAR-59675

Title: Insufficient and Disrupted Sleep in Metabolic Disease: A Critical Review of Insulin Resistance.

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: JP085

Reviewer's Comment for Publication.

The article discusses the relationship between sleep disturbances and insulin resistance. It covers sleep restriction, poor sleep quality, circadian disruption, obstructive sleep apnea, and their effects on glucose metabolism. The topic is relevant and important. The article is well organised and explains the available evidence in a balanced manner.

Strength:

1. The topic is relevant to current health research.
2. The article covers different types of sleep disturbances.
3. Both experimental and observational studies are discussed.
4. The authors explain the possible mechanisms linking sleep and insulin resistance.
5. Different methods of measuring insulin resistance are explained.
6. Tables help readers understand the research findings.
7. Clinical importance and future research needs are discussed.

Weakness:

1. The exact search keywords and screening numbers are not provided.
2. The review does not include a formal quality assessment of the selected studies.
3. Some studies have very small sample sizes.
4. Some sections contain lengthy explanations.
5. More recent clinical studies could be included.
6. The discussion of long-term effects of sleep disturbances is limited.
7. More information about the role of diet and physical activity could be added.

Overall assessment:

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The article provides useful information about the relationship between sleep disturbances and insulin resistance. It is informative and covers the major aspects of the topic. However, some improvements are needed in the literature search methodology, discussion, and presentation.

Recommendation: Manuscript accepted for publication after minor revision.