

## Comment on “Obesity effects on sleep quality with anthropometric and metabolic changes”

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Dear Editor,

I read with great appreciation the study by Tuna et al. entitled “Obesity effects on sleep quality with anthropometric and metabolic changes”<sup>1</sup>. In this study, the authors aimed to determine the effect of obesity on sleep quality by using the Pittsburgh Quality Index and Berlin Question and evaluate the association of sleep with anthropometric and metabolic parameters. The study has an elegant rationale and is expected to generate new research in future. However, some methodological fragile reduces the clinical applicability of these results.

First of all, the authors used effect size for the sampling ( $p=575$ ), but it is not described in the “Results” and/or “Discussion” sections (nor in tables). The results of this study are relevant; however, there is a need to look

beyond statistical significance (i.e., clinical relevance, not just  $p$ -value)<sup>2</sup>.

Second, it is necessary to do Bonferroni’s correction for the outcome comparisons<sup>3</sup>. Why did the authors not do it? Besides, in the scientific context, technical terms should be used, e.g., “circumference” is wrong — measurements of body surfaces are called “perimeters.” In addition, “height” must be “stature” and “weight” should be “body mass” (note that the concept of BMI is body [mass] index, not body [weight] index)<sup>4</sup>.

Finally, the word “effects,” as described in the title, directs the reader’s reasoning to an experimental study (considering that only designs testing effects are clinical trials). In addition, this is an observational study, but the design is unclearly described. What checklist did the authors use to present these results?

## REFERENCES

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