

**Review Form 1.7**

Journal Name:	<a href="#">Asian Journal of Research in Nursing and Health</a>
Manuscript Number:	<b>Ms_AJRNH_109096</b>
Title of the Manuscript:	<b>Perceptions On Caffeine, Smoking, And Insomnia Among Nursing Students In A Private Institution In Manila</b>
Type of the Article	<b>Original Research Article</b>

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**PART 1: Review Comments**

	Reviewer's comment	Author's comment (if agreed with reviewer, correct the manuscript and highlight that part in the manuscript. It is mandatory that authors should write his/her feedback here)
<p><b>Compulsory</b> REVISION comments</p> <ol style="list-style-type: none"> <li><b>Is the manuscript important for scientific community?</b> (Please write few sentences on this manuscript)</li> <li><b>Is the title of the article suitable?</b> (If not please suggest an alternative title)</li> <li><b>Is the abstract of the article comprehensive?</b></li> <li><b>Are subsections and structure of the manuscript appropriate?</b></li> <li><b>Do you think the manuscript is scientifically correct?</b></li> <li><b>Are the references sufficient and recent? If you have suggestion of additional references, please mention in the review form.</b></li> </ol> <p><u>(Apart from above mentioned 6 points, reviewers are free to provide additional suggestions/comments)</u></p>	<ol style="list-style-type: none"> <li><b>Importance for the Scientific Community:</b> This manuscript holds significance for the scientific community, particularly those engaged in healthcare and nursing education. It delves into pertinent issues such as nursing students' perceptions of caffeine, smoking, and insomnia, offering valuable insights for health promotion within this specific demographic.</li> <li><b>Suitability of the Title:</b> - The title is reasonably fitting, highlighting the primary elements of the study. However, an alternative title suggestion could be "Perceptions of Nursing Students Regarding Caffeine, Smoking, and Insomnia: A Study in a Private Institution in Manila," providing a more specific context for the study.</li> <li><b>Completeness of the Abstract:</b> - The abstract is well-crafted, covering all essential elements of the study. To enhance it, briefly incorporating key findings would provide an even clearer overview of the manuscript's content.</li> <li><b>Appropriateness of Subsections and Structure:</b> - The overall structure is logical, but the methods section could benefit from a more uniform organization for improved cohesion. Ensure that the presentation of information follows a sequential logic, enhancing reader understanding.</li> <li><b>Scientific Accuracy:</b> - The manuscript appears scientifically sound, clearly addressing methods, results, and conclusions. However, the inclusion of a discussion section would strengthen scientific validity, allowing for a more in-depth analysis of the results in relation to the existing scientific context.</li> <li><b>Adequacy and Recency of References:</b> - While the references are relevant, it would be beneficial to include more recent studies, especially concerning specific insomnia statistics in the Philippines. I would recommend incorporating research published within the last two years to ensure the manuscript is grounded in the most current and relevant findings.</li> </ol>	
<p><b>Minor</b> REVISION comments</p> <ol style="list-style-type: none"> <li><b>Is language/English quality of the article suitable for scholarly communications?</b></li> </ol>	<p>Abstract:</p> <p>The provided introduction is informative and covers various crucial aspects related to the research on nursing students' perceptions of caffeine, smoking, and insomnia. However, to enhance the introduction further, additional elements should be considered:</p> <p>Relevance Justification:</p> <p>Explain the importance of conducting this specific research with nursing. What is the practical and theoretical relevance of these perceptions to their education and future professional practice? For instance, how might these perceptions impact academic performance, patient care quality, or overall well-being?</p> <p>Research Objective:</p> <p>Clearly state the research objective. What do the researchers aim to achieve by exploring perceptions of caffeine, smoking, and insomnia among nursing students? This may include understanding behavioral patterns, identifying awareness areas, or providing insights for future</p>	

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	<p>interventions.</p> <p>Contribution to Existing Literature:</p> <p>Highlight how this research contributes to the current body of knowledge. Does this research address a gap in the literature? This contribution can be crucial for contextualizing the unique value of this research within the broader field.</p> <p>Results:</p> <p>The results indicate that nursing students are aware of the harmful effects of caffeine and smoking, taking measures to avoid or reduce consumption. This suggests an awareness of healthy practices within this population, potentially positively impacting their health and future health promotion in their careers.</p> <p>Discussion:</p> <p>Discuss the practical implications of the results. For example, how might perceived sleep challenges affect the academic performance and overall well-being of nursing students? This could lead to suggestions for interventions or health promotion strategies.</p> <p>Explore deeper into the possible underlying causes for reported sleep patterns. For instance, why do a significant percentage of respondents report concentration issues due to lack of sleep? This deeper analysis can help identify specific areas for intervention.</p> <p>By incorporating these elements into the analysis, a more comprehensive and insightful understanding of the research results on the sleep patterns of nursing students will be provided, making the section more informative and meaningful.</p> <p>In the conclusion, reiterate the key recommendations to reinforce their importance.</p>	
<p><b>Optional/General</b> comments</p>	<p>A comprehensive assessment would require a review of the complete manuscript, particularly focusing on the discussion and interpretation of results, ethical considerations, and completeness of the research design.</p>	

**PART 2:**

	Reviewer's comment	Author's comment (if agreed with reviewer, correct the manuscript and highlight that part in the manuscript. It is mandatory that authors should write his/her feedback here)
<p><b>Are there ethical issues in this manuscript?</b></p>	<p><i>(If yes, Kindly please write down the ethical issues here in details)</i></p>	

**Reviewer Details:**

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