

**Review Form 3**

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|--------------------------|--|
| Journal Name:            | <b>Annual Research &amp; Review in Biology</b>     |
| Manuscript Number:       | <b>Ms_ARRB_122519</b>                              |
| Title of the Manuscript: | <b>Understanding the human Chronotype research</b> |
| Type of the Article      |  |

### Review Form 3

#### PART 1: Review Comments

| <b>Compulsory</b> REVISION comments   | Reviewer's comment  | <b>Author's Feedback</b> (Please correct the manuscript and highlight that part in the manuscript. It is mandatory that authors should write his/her feedback here) |
|---|---|---|
| <p><b>Please write a few sentences regarding the importance of this manuscript for the scientific community. Why do you like (or dislike) this manuscript? A minimum of 3-4 sentences may be required for this part.</b></p>                        | <p>The article provides a comprehensive review of chronotypes, explaining their influence on sleep-wake cycles, productivity, and well-being. It covers the historical, biological, and social aspects of chronotype research and includes various factors such as genetics, age, geography, and social obligations. The article also discusses the impact of chronotype on health, behaviour, and potential future research.</p>   |   |
| <p><b>Is the title of the article suitable? (If not please suggest an alternative title)</b></p>  | <p>Suggest "Understanding Human Chronotype: A Review of Current Research".</p>  |   |
| <p><b>Is the abstract of the article comprehensive? Do you suggest the addition (or deletion) of some points in this section? Please write your suggestions here.</b></p>   | <p>Appropriate.</p>   |   |
| <p><b>Are subsections and structure of the manuscript appropriate?</b></p>  | <p>The article is logically organized, with a clear progression from the introduction of basic concepts to more complex ideas such as the interaction between genetics and environment.</p>   |   |
| <p><b>Please write a few sentences regarding the scientific correctness of this manuscript. Why do you think that this manuscript is scientifically robust and technically sound? A minimum of 3-4 sentences may be required for this part.</b></p> | <p>Although the article provides a historical background, the review could be strengthened by focusing more on recent studies and breakthroughs in chronotype research, especially concerning practical applications in healthcare and lifestyle optimization.</p>  |   |
| <p><b>Are the references sufficient and recent? If you have suggestions of additional references, please mention them in the review form.</b></p>   | <p>As above.</p>  |   |
| <p><b>Minor</b> REVISION comments</p> <p><b>Is the language/English quality of the article suitable for scholarly communications?</b></p>   | <p>The article presents a well-rounded and informative review of human chronotypes. With some editing for conciseness, improved clarity, and a stronger focus on recent research, it has the potential to be an even more valuable resource for both academic and general audiences.</p> <p>Some sections seem repetitive, especially when discussing chronotype classifications and their impact on productivity. The text could be streamlined to avoid redundancy and improve readability.</p> |   |
| <p><b>Optional/General</b> comments</p>   | <p>The article could benefit from adding diagrams or visual representations of concepts like the circadian rhythm and chronotype distribution. Figures can help readers better grasp complex ideas.</p>   |   |

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**PART 2:**

|   | <b>Reviewer's comment</b>  | <b>Author's comment</b> <i>(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)</i> |
|---|--|---|
| <b>Are there ethical issues in this manuscript?</b> | <i>(If yes, Kindly please write down the ethical issues here in details)</i> |   |

**Reviewer Details:**

|                                  |  |
|----------------------------------|--|
| Name:                            | <b>Sim Sze Kiat</b>                          |
| Department, University & Country | <b>Universiti Malaysia Sarawak, Malaysia</b> |