

Response to Comment on “Sleep Quality and Body Composition Variations in Obese Male Adults after 14 Weeks of Yoga Intervention: A Randomized Controlled Trial” by Rshikesan *et al.*, 2017

Dear Sir,

We are thankful to reader Dr. Allison David B, for responding to our article^[1] entitled “Sleep Quality and Body Composition Variations in Obese Male Adults after 14 Weeks of Yoga Intervention: A Randomized Controlled Trial.”

Considering the points raised by the reader and reviewer, strong claim about the treatment effect would not be possible as between-group analyses do not show statistical significance. Hence, we would like to revise the conclusion in “Abstract” and “Conclusion” sections as below:

“The trend of changes observed across the groups in various variables may indicate possible beneficial effects of IAYT on body composition and sleep quality in obese males; however, between-group differences were found to be nonsignificant.”

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Nil.

Conflicts of interest

There are no conflicts of interest.

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Reference

1. Rshikesan PB, Subramanya P, Singh D. Sleep quality and body composition variations in obese male adults after 14 weeks of yoga intervention: A randomized controlled trial. *Int J Yoga* 2017;10:128-37.

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