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Only manuscripts of sufficient quality that meet the aims and scope of the *Journal of Biological Rhythms* will be reviewed.

As part of the submission process you will be required to warrant that you are submitting your original work, that you have the rights in the work, that you are submitting the work for first publication in the Journal and that it is not being considered for publication elsewhere and has not already been published elsewhere, and that you have obtained and can supply all necessary permissions for the reproduction of any copyright works not owned by you.

1. Article types

2. Editorial policies

- 2.1 Peer review policy
- 2.2 Authorship
- 2.3 Acknowledgements
- 2.4 Funding
- 2.5 Declaration of conflicting interests
- 2.6 Research ethics and patient consent
- 2.7 Clinical trials
- 2.8 Reporting guidelines

3. Publishing policies

- 3.1 Publication ethics
- 3.2 Contributor's publishing agreement
- 3.3 Open access and author archiving
- 3.4 Permissions

4. Preparing your manuscript

- 4.1 Word processing formats
- 4.2 Title Page
- 4.3 Introduction
- 4.4 Materials and methods section
- 4.5 Results section
- 4.6 Discussion section
- 4.7 Artwork, figures and other graphics
- 4.8 Supplementary material
- 4.9 Reference style
- 4.10 Abbreviations
- 4.11 English language editing services

5. Submitting your manuscript

- 5.1 How to submit your manuscript
- 5.2 Title, keywords and abstracts
- 5.3 Corresponding author contact details

6. On acceptance and publication

- 6.1 SAGE Production
- 6.2 Access to your published article
- 6.3 Online First publication

7. Further information

1. Article types

JBR considers original reports in English as *Research Articles*, covering all aspects of biological rhythms, using genetic, biochemical, physiological, behavioural, epidemiological, and modelling approaches, including clinical trials. Emphasis is on circadian and seasonal rhythms, but other periodicities are also considered. *Letters* also report original research but of a narrower scope, with a few figure panels or equivalent-sized tables. *Reviews, Commentaries, Editorials*, and other items of interest related to biological rhythms are also encouraged, but pre-submission inquiries to the Editor in Chief by authors of such pieces are recommended. JBR does not publish case reports.

- **Original Research**
 - Abstract (300 words)
 - Keywords (at least 5)
- **Letters (about 2,000 words)**

Total word count does not include abstracts, keywords or references.

2. Editorial policies

2.1 Peer review policy

JBR adheres to a rigorous single-blind reviewing policy in which the identity of the reviewers is not known to the authors.

As part of the submission process you will be given the opportunity to provide the names of peers who could be called upon to review your manuscript. Recommended reviewers should be experts in their fields and should be able to provide an objective assessment of the manuscript. Please be aware of any conflicts of interest when recommending reviewers. Examples of conflicts of interest include (but are not limited to) the below:

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You will also be given the opportunity to nominate peers who you do not wish to review your manuscript (opposed reviewers).

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2.2 Authorship

Papers should only be submitted for consideration once consent is given by all contributing authors. Those submitting papers should carefully check that all those whose work contributed to the paper are acknowledged as contributing authors.

The list of authors should include all those who can legitimately claim authorship. This is all those who:

- (i) Made a substantial contribution to the concept or design of the work; or acquisition, analysis or interpretation of data,
- (ii) Drafted the article or revised it critically for important intellectual content,
- (iii) Approved the version to be published,

- (iv) Each author should have participated sufficiently in the work to take public responsibility for appropriate portions of the content.

Authors should meet the conditions of all of the points above. When a large, multicentre group has conducted the work, the group should identify the individuals who accept direct responsibility for the manuscript. These individuals should fully meet the criteria for authorship.

Acquisition of funding, collection of data, or general supervision of the research group alone does not constitute authorship, although all contributors who do not meet the criteria for authorship should be listed in the Acknowledgments section. Please refer to the [International Committee of Medical Journal Editors \(ICMJE\) authorship guidelines](#) for more information on authorship.

2.3 Acknowledgements

All contributors who do not meet the criteria for authorship should be listed in an Acknowledgements section. Examples of those who might be acknowledged include a person who provided purely technical help, or a department chair who provided only general support.

2.3.1 Writing assistance

Individuals who provided writing assistance, e.g. from a specialist communications company, do not qualify as authors and so should be included in the Acknowledgements section. Authors must disclose any writing assistance – including the individual's name, company and level of input – and identify the entity that paid for this assistance..

It is not necessary to disclose use of language polishing services.

Any acknowledgements should appear first at the end of your article prior to your Declaration of Conflicting Interests (if applicable), any notes and your References.

2.4 Funding

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2.5 Declaration of conflicting interests

It is the policy of JBR to require a declaration of conflicting interests from all authors enabling a statement to be carried within the paginated pages of all published articles.

Please ensure that a "Declaration of Conflicting Interests" statement is included at the end of your manuscript, after any acknowledgements and prior to the references. If no conflict exists, please state that "The Author(s) declare(s) that there is no conflict of interest".

For guidance on conflict of interest statements, please see the ICMJE recommendations [here](#).

2.6 Research ethics and patient consent

Medical research involving human subjects must be conducted according to the [World Medical Association Declaration of Helsinki](#).

Submitted manuscripts should conform to the [ICMJE Recommendations for the Conduct, Reporting, Editing, and Publication of Scholarly Work in Medical Journals](#), and all papers reporting animal and/or human studies must state in the methods section that the relevant Ethics Committee or Institutional Review Board provided (or waived) approval. Please ensure that you have provided the full name and institution of the review committee, in addition to the approval number.

For research articles and letters, authors are also required to state in the methods section whether participants provided informed consent and whether the consent was written or verbal.

Information on informed consent to report case series should be included in the manuscript text. A statement is required regarding whether written informed consent for patient information and images to be published was provided by the patient(s) or a legally authorized representative.

Please also refer to the [ICMJE Recommendations for the Protection of Research Participants](#).

All research involving animals submitted for publication must be approved by an ethics committee with oversight of the facility in which the studies were conducted. The journal has adopted the [Consensus Author Guidelines on Animal Ethics and Welfare for Veterinary Journals](#) published by the International Association of Veterinary Editors or the U.S. National Institutes of Health *Guide for the Care and Use of Laboratory Animals*.

2.7 Clinical trials

JBR conforms to the [ICMJE requirement](#) that clinical trials are registered in a WHO-approved public trials registry at or before the time of first patient enrollment as a condition of consideration for publication. The trial registry name and URL, and registration number must be included at the end of the abstract.

2.8 Reporting Guidelines

The relevant [EQUATOR Network](#) reporting guidelines should be followed depending on the type of study. For example, all randomized controlled trials submitted for publication should include a completed [Consolidated Standards of Reporting Trials \(CONSORT\)](#) flow chart as a cited figure, and a completed CONSORT checklist as a supplementary file.

Other resources can be found at [NLM's Research Reporting Guidelines and Initiatives](#)

3. Publishing Policies

3.1 Publication ethics

SAGE is committed to upholding the integrity of the academic record. We encourage authors to refer to the Committee on Publication Ethics' [International Standards for Authors](#) and view the Publication Ethics page on the [SAGE Author Gateway](#).

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4. Preparing your manuscript

4.1 Word processing formats

Manuscripts should be written clearly and concisely and should conform generally to the Council of Science Editors Style Manual (Scientific Style and Format: The CSE Manual for Authors, Editors, and Publishers, 7th ed.).

Preferred format for the text and tables of your manuscript is Word DOC; RTF, XLS, LaTeX files are also accepted. The text should be double-spaced throughout and with a minimum of 3cm for left and right hand margins and 5cm at head and foot. Text should be standard 10 or 12 point. Word and (La)Tex templates are available on the [Manuscript Submission Guidelines](#) page of our Author Gateway.

4.2 Title page

Include the authors' names, the title and a short running title, and the institution(s) (with all words spelled out in full) from which the paper emanates. If current addresses are different, then these should be indicated in a footnote. Also include the name, mailing address, phone and fax numbers, and e-mail address of the person to whom correspondence and proofs should be sent.

4.3 Introduction

Include an Introduction that provides a brief review of relevant background material and indicates the purpose of the study.

4.4 Materials and methods section

This section should provide sufficient information for qualified investigators to reproduce the work in similar fashion. Reference to published procedures by appropriate succinct summary and citation is encouraged but should not replace adequate methodological description. Authors must confirm that they have conscientiously followed principles and practices in accord with these documents in experiments involving human subjects and experimental animals (see **2.6 Research ethics and patient consent**).

4.5 Results section

Provide a concise description of the findings with appropriate reference to illustrations and tables.

4.6 Discussion section

Include a summary of the main findings (no data), their relation to other published work, and a statement of their significance.

4.7 Artwork, figures and other graphics

For guidance on the preparation of illustrations, pictures and graphs in electronic format, please visit SAGE's [Manuscript Submission Guidelines](#).

Figures supplied in colour will appear in colour online regardless of whether or not these illustrations are reproduced in colour in the printed version. For specifically requested colour reproduction in print, you will receive information regarding the costs from SAGE after receipt of your accepted article.

Number the pages, illustrations, and tables.

A list of figure legends should follow the references and be the last section in the text. A brief title and description of each illustration should be included. These should be typed consecutively on the same page(s).

4.8 Supplementary material

This journal is able to host additional materials online (e.g. datasets, podcasts, videos, images etc) alongside the full-text of the article. These will be subjected to peer-review alongside the article. For more information please refer to our guidelines on submitting supplementary files, which can be found within our [Manuscript Submission Guidelines](#) page. Number figures and tables S1, S2, etc.

4.9 Reference style

References should be double spaced and listed sequentially in alphabetical order according to the name of the first author with (a) a full list of authors, (b) date, (c) full title of the paper, (d) journal titles abbreviated as per *Index Medicus*, (e) volume number, and (f) first and last pages. Only papers published or in press may be included in the reference list. Papers should be cited in the text by author(s) and date.

Examples

Aschoff J (1965) Response curves in circadian periodicity. In *Circadian Clocks*, J Aschoff, ed, pp 95-111, North-Holland, Amsterdam.

Pittendrigh CS and Daan S (1976) A functional analysis of circadian pacemakers in nocturnal rodents: The stability and liability of spontaneous frequency. *J Comp Physiol A* 106:223-252.

Richter CP (1965) *Biological Clocks in Medicine and Psychiatry*, Charles C Thomas, Springfield, IL.

4.10 Abbreviations

Abbreviations should be introduced in parentheses after the first occurrence of the term being abbreviated. Use standard metric units wherever possible.

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5.1 How to submit your manuscript

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IMPORTANT: Please check whether you already have an account in the system before trying to create a new one. If you have reviewed or authored for the journal in the past year it is likely that you will have had an account created. For further guidance on submitting your manuscript online please visit ScholarOne Online Help.

5.2 Title, keywords and abstracts

Please supply a title, short title, an abstract and at least five keywords to accompany your article. The title, keywords and abstract are key to ensuring readers find your article online through online search engines such as Google. Please refer to the information and guidance on how best to title your article, write your abstract and select your keywords by visiting the SAGE Journal Author Gateway for guidelines on [How to Help Readers Find Your Article Online](#).

5.3 Corresponding author contact details

Provide full contact details for the corresponding author including email, mailing address and telephone numbers. Academic affiliations are required for all co-authors.

6. On acceptance and publication

6.1 SAGE Production

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7. Further information

Any correspondence, queries or additional requests for information on the manuscript submission process should be sent to the JBR editorial office as follows:

William J. Schwartz, M.D.

Editor in Chief

william.schwartz@austin.utexas.edu