Title of the manuscript: Tea coordinates sickness sleep and energy homeostasis under stress: potential mechanisms speculated.

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This study utilized the function of tea in modulating energy homeostasis among sickness sleep, energy metabolism, and damage repair in model organisms. This study suggested a potential mechanism of tea regulating sickness sleep. Overall, this study addresses a topic of high relevance for research and also for practice. However, I believe some issues need revision and clarification. Addressing the below comments help improving this manuscript:

General comments

1. The title of the paper should be revised for more fluency.
2. The English grammar and style should be checked throughout the manuscript and specially in the Abstract.
3. The authors should avoid using pronouns such as "we", "our" and "us" in the text.
4. Given that the study presents a long list of abbreviations, I suggest adding a "glossary" table at the end of the paper as it will aid the readers to learn about the concepts/terms that they are about to study.

Abstract

5. The current Abstract contains 112 words. The authors should write a complete Abstract that contains 200-250 words. The Abstract structure should include 1) background of the study; 2) main aim of the study; 3) applied methods; 4) main findings; 5) policy implication.
6. Lines 13-14 in page 1: *"sickness sleep, which occurs in stressful environments or illness, plays an important role in maintaining energy homeostasis under an injured organism."* At the begging of the sentence, the first letter of the "sickness" should be capital.
7. I miss more emphasis on the main significance of this study in Abstract. I suggest highlighting the main significance of the study in 1-2 sentences.
8. The authors should avoid repeating keywords already exists in the title (e.g. Sickness sleep; Tea; Energy homeostasis). The authors should replace them with new relevant words in the text.

Introduction

9. The authors should add numbering for Introduction section (1. Introduction).
10. The Introduction section is too short and need further enrichment based on the topic.
11. In the Introduction section, there should be a paragraph discussing the global novelty of the study comparing with previous studies. This is very important to first identify the gap in the previous studies, and then highlight how the current study is going to fill it.
12. Lines 54-57 in page 2: *"Based on the degree of fermentation during processing, tea can be divided into six major forms: non-fermented tea, such as green tea; slightly fermented tea, such as yellow and white tea; semi-fermented tea, such as oolong tea; fully fermented tea, such as black tea; and post fermented tea, such as dark tea."* is long and heavy; the authors should split and reformulate this sentence.
13. Lines 73-75 in page 2: *"Since non-mammalians do not have differentiated EEG, according to behavior state, sleep is usually regarded as spontaneous circadian motion quiescence, decreased reactivity, increased threshold for arousal, and rapid reversibility."* The authors should reformulate this sentence for more fluency.

Tea

14. Line 98 in page 3: *"A large volume of published studies describes the effect of tea on sleep."* The authors should add some of the published studies as mentioned in the sentence.
15. Lines 111-113 in page 3: *"Studies (e.g., ...) have found that after consuming polyphenols, sleep duration is prolonged, and sleep quality is significantly improved in humans."* In the underlined part of the sentence, the authors should mention some of studies.
16. The caption of the Figure 2 is too long and the authors should condense it.
17. Figure 3 needs to be discussed with details.

Discussion

18. The authors should have a discussion on the topics that they mentioned in previous sections. The findings and their implications should be discussed in the broadest context possible and limitations of the work. Moreover, the authors should compare/contrast their findings with similar studies (2017-2022).

Conclusion

19. Lines 442 in page 10: The authors should replace “Summary and Outlook” with “Conclusion”.
20. Lines 443-445 in page 11: Recently, a study found that mitochondrial ROS (mtROS) are elevated in dFB neurons of Drosophila, which registers this rise by converting hyperkinetics to the NADP+ bound form during sleep deprivation [182]. We never refer to other studies in the Conclusion section. I suggest the authors remove this sentence.
21. In this section, there should be some highlights on how this study is going to be beneficial to the policy makers in 1 paragraph.
22. The authors should highlight the specific and practical suggestions with respect to their findings at the end of the Conclusion section in one paragraph.