Dear editor

A well-documented study with intriguing results, “Multi-Sensory Stimuli Improve Relaxation and Sleep Quality in Rotating Shift Workers: A Randomized Controlled Trial”, was just published by Thepsatitporn et al.¹ The study suggests that for rotating shift workers, multisensory stimuli improve the quality of sleep and relaxation. We do, however, would like to bring your gracious attention to a few points that require clarification.

First off, the trial registration number for this randomized control trial is not provided by the author, contrary to the publication under journal guidelines, and the institutional review board number is the only one provided. This raises questions regarding the reported findings’ transparency.² Secondly, the article’s keywords do not correspond to the Medical Subject Headings specified in the journal’s requirements.³

Thirdly, there is insufficient information provided about sample size estimation. The referenced work does not provide a clear description of the effect size of the outcome measure that was being used, nor does it specify which statistical test is used to estimate the sample size in the F-Test family.⁴

Fourthly, it is unclear from the Methodology section why a wide age range of 20 to 60 years was selected, given that the baseline values of the outcome measures should raise concerns and that the quality of sleep may vary with age.⁵

Last but not least, the results section fails to specify the normality of the data, regardless of whether the Shapiro–Wilk or Kolmogorov–Smirnov tests were employed for analysis. If the data is not significant, it should also be stated in terms of the median and interquartile rather than the mean and standard deviation.⁶

I respectfully request that authors acknowledge the concerns, and I have faith that their feedback and comments will be taken into account in order to enhance the integrity and clarity of the results that are published.

Disclosure
The authors disclose no conflicts of Interest in this communication.

References