

Multi-Sensory Stimuli Improve Relaxation and Sleep Quality in Rotating Shift Workers: A Randomized Controlled Trial [Letter]

Riya Kalra*, Kanu Goyal, Aditi Popli*

Maharishi Markandeshwar Institute of Physiotherapy and Rehabilitation, Maharishi Markandeshwar (Deemed to Be University), Mullana, Haryana, 133207, India

*These authors contributed equally to this work

Correspondence: Aditi Popli, Department of Physiotherapy, Maharishi Markandeshwar Institute of Physiotherapy and Rehabilitation, Maharishi Markandeshwar (Deemed to be University), Mullana, Haryana, 133207, India, Email aditi.popli.freebird@gmail.com

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

1. Thepsatitporn S, Rujiganjanarat K, Makmee P. Multi-sensory stimuli improve relaxation and sleep quality in rotating shift workers: a randomized controlled trial. *J Multidiscip Healthc.* 2024;17:1435–1445. PMID: 38572471; PMCID: PMC10987787. doi:10.2147/JMDH.S456800
2. Dove Medical Press. Author Guidelines. Available from: <https://www.dovepress.com/author-guidelines>. Accessed April 24, 2024.
3. National Library of Medicine. MeSH on Demand. Available from: <https://www.nlm.nih.gov/oet/ed/mesh/meshondemand.html>. Accessed April 24, 2024.
4. Makmee P. Increasing attention and working memory in elementary students using mindfulness training programs. *FWU J Soc Sci.* 2022;16 (3):107–119.

5. Casagrande M, Forte G, Favieri F, Corbo I. Sleep quality and aging: a systematic review on healthy older people, mild cognitive impairment and Alzheimer's disease. *Int J Environ Res Public Health*. 2022;19(14):8457. PMID: 35886309; PMCID: PMC9325170. doi:10.3390/ijerph19148457
6. Habibzadeh F. Statistical data editing in scientific articles. *J Korean Med Sci*. 2017;32(7):1072. doi:10.3346/jkms.2017.32.7.1072

Dove Medical Press encourages responsible, free and frank academic debate. The content of the Journal of Multidisciplinary Healthcare 'letters to the editor' section does not necessarily represent the views of Dove Medical Press, its officers, agents, employees, related entities or the Journal of Multidisciplinary Healthcare editors. While all reasonable steps have been taken to confirm the content of each letter, Dove Medical Press accepts no liability in respect of the content of any letter, nor is it responsible for the content and accuracy of any letter to the editor.

Journal of Multidisciplinary Healthcare

Dovepress

Publish your work in this journal

The Journal of Multidisciplinary Healthcare is an international, peer-reviewed open-access journal that aims to represent and publish research in healthcare areas delivered by practitioners of different disciplines. This includes studies and reviews conducted by multidisciplinary teams as well as research which evaluates the results or conduct of such teams or healthcare processes in general. The journal covers a very wide range of areas and welcomes submissions from practitioners at all levels, from all over the world. The manuscript management system is completely online and includes a very quick and fair peer-review system. Visit <http://www.dovepress.com/testimonials.php> to read real quotes from published authors.

Submit your manuscript here: <https://www.dovepress.com/journal-of-multidisciplinary-healthcare-journal>

<https://doi.org/10.2147/JMDH.S474460>