

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

Sarawin Thepsatitporn<sup>1</sup>, Kitisak Rujiganjanarat<sup>2</sup>, Patrawadee Makmee<sup>3</sup>

<sup>1</sup>Program in Sports and Health Sciences, School of Health Science, Mae Fah Luang University, Chiang Rai, Thailand; <sup>2</sup>Program in Thai Traditional Medicine, Faculty of Nursing and Allied Health Sciences, Phetchaburi Rajabhat University, Phetchaburi, Thailand; <sup>3</sup>Department of Research and Applied Psychology, Faculty of Education, Burapha University, Chonburi, Thailand

Correspondence: Patrawadee Makmee, Tel +66 (0) 924926519, Fax +66 (0) 38393484, Email patrawadee@go.buu.ac.th

## Dear editor

We really appreciate your very good information and coordination. We appreciate Kalra et al for their interest in our study “Multi-Sensory Stimuli Improve Relaxation and Sleep Quality in Rotating Shift Workers: A Randomized Controlled Trial”. Firstly, we would like to express our gratitude for the feedback letters received from our readers. We are pleased to inform you that we intend to address issues to benefit our readers. Below are the clarifications we would like to provide:

1) This research was conducted in accordance with the principles of Burapha University and the Human Research Ethics Committee,<sup>1</sup> fully adhering to international standards.

2) We have checked the objectives of the journal aimed at, The Journal of Multidisciplinary Healthcare (JMDH), which aims to represent and publish research in healthcare areas delivered by practitioners of different disciplines. The journal covers a very wide range of areas.<sup>2</sup> Therefore, this research aligns with the objectives of the journal.

3) We acknowledged this point as one of the limitations of our study, which requires further refinements. The study employed a sample group consisting of 20 participants divided into three groups. The sample size was determined using the G\*Power package, configuring the F-test with an effect size (Effect Size) of 0.80, a significance level ( $\alpha$ ) of 0.05 for the first type of test error, and a test power ( $1-\beta$ ) of 0.95. The resulting sample size calculated was 17 participants per group.<sup>3</sup> However, the researcher opted to set the sample size at 20 individuals per group, which represents the smallest number on the normal curve distribution.<sup>1</sup>

4) As pointed out by Kalra et al, different ages affect sleep quality. The selection of the age range of 20–60 years is consistent with the context of the sample group, which comprises individuals with a variety of ages and occupations. Comparing the demographic characteristics of the three groups shows no significant differences. Therefore, the results of this research can be trusted.<sup>1</sup>

5) In response to Kalra et al’s Statistical Concerns, we have verified that the research results are consistent and adhere to statistical and research principles.<sup>1</sup>

## Disclosure

The authors report no conflicts of interest in this communication.

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