


The Effect of Shift Work on Sleep Patterns of Paramedics in Saudi Arabia [Letter]

Tien Zubaidah 

Health Department, Poltekkes Kemenkes, Banjarmasin, Indonesia

Correspondence: Tien Zubaidah, Department of Health, Poltekkes Kemenkes, Jl. H. Mistar Cokrokusumo No. 1A Kelurahan Sei Besar Banjarbaru, Banjarmasin, Kalimantan Selatan, Indonesia, Email tien.zubaidah@gmail.com

Dear editor

We read with great interest the article titled “The Effect of Shift Work on Sleep Patterns of Paramedics in Saudi Arabia” by Alruwaili and Alanazy,¹ published in the Journal of Multidisciplinary Healthcare. The authors have conducted a comprehensive study exploring the impact of shift work on sleep quality and insomnia among paramedics in Saudi Arabia. We appreciate their efforts in addressing this crucial issue, as sleep disturbances can profoundly affect the well-being and performance of these essential healthcare professionals.

While the study provides valuable insights, we would like to highlight some potential limitations and suggest areas for future research. First, the reliance on self-reported data may introduce recall bias and subjectivity, which could affect the accuracy of the findings. Incorporating objective measures, such as actigraphy or polysomnography, could enhance the validity of the sleep assessments.¹

Second, the cross-sectional nature of the study limits the ability to establish causal relationships between shift work and sleep parameters. A longitudinal study design, following paramedics over an extended period, could provide a more comprehensive understanding of the long-term effects of shift work and potential changes in sleep patterns.²

Third, while the study focuses on the Saudi Arabian context, it would be beneficial to conduct cross-cultural comparisons with paramedics from other regions or countries. Such comparisons could elucidate the role of cultural and environmental factors in shaping the relationship between shift work and sleep.³

Furthermore, future research could explore the interplay between sleep disturbances and other aspects of paramedic well-being, such as mental health, job performance, and safety outcomes. This holistic approach would provide a more comprehensive understanding of the broader implications of shift work and sleep disruptions.^{4,5}

Despite these limitations, the study by Alruwaili and Alanazy represents a significant contribution to the field of occupational health and sleep research. Their findings underscore the need for targeted interventions and policies to mitigate the adverse effects of shift work on sleep health among paramedics. Potential strategies could include optimizing shift schedules, providing access to sleep hygiene education, and implementing fatigue risk management programs.

In conclusion, we commend the authors for their valuable work and encourage further research to build upon their findings. Addressing the sleep challenges faced by paramedics is crucial for promoting their well-being and ensuring the delivery of high-quality emergency care services.

Disclosure

The author reports no conflicts of interest in this communication.

References

1. Alruwaili A, Alanazy ARM. The effect of shift work on sleep patterns of paramedics in Saudi Arabia. *J Multidiscip Healthc.* 2024;17:2857–2869. doi:10.2147/JMDH.S458512

2. Akerstedt T, Knutsson A, Westerholm P, Theorell T, Alfredsson L, Kecklund G. Sleep disturbances, work stress and work hours: a cross-sectional study. *J Psychosom Res.* 2002;53(3):741–748. doi:10.1016/s0022-3999(02)00333-1
3. Khan NA, Vambol V, Vambol S, et al. Hospital effluent guidelines and legislation scenario around the globe: a critical review. *J Environ Chem Eng.* 2021;9(5):105874. doi:10.1016/j.jece.2021.105874
4. Evans GW, Kantrowitz E. Socioeconomic status and health: the potential role of environmental risk exposure. *Annu Rev Public Health.* 2002;23(1):303–331. doi:10.1146/annurev.publhealth.23.112001.112349
5. Ganesan S, Magee M, Stone JE, et al. The impact of shift work on sleep, alertness and performance in healthcare workers. *Sci Rep.* 2019;9:4635. doi:10.1038/s41598-019-40914-x

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.S482975>