

Quality sleep has been as significant contributor to better quality health. Shift work has been shown to have significant impact on health quality.

The abstract is detailed and does an excellent job summarizing the results of the study.

Overall, the introduction is well-written. The manuscript would benefit from additional citations for 2nd paragraph.

In addition, the second paragraph on page three seems to be out place and break up the flow. The information is important, maybe consider moving in in the flow of the manuscript.

Discussion/Conclusion are well -written. This author may want to consider discussing any limitations of this study.

Minor revisions as listed above (in red) could increase the strength of this overall, excellent manuscript.