

Peer Review File

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Reviewer A

Overall:

This is a valuable topic and I commend your work toward protecting the health and safety of EMS personnel. My overall comments are to improve the synthesis of the results. The purpose and significance of the articles reviewed were lost and poorly connected to the conclusion of the narrative review. See specific comments below.

Reply: Thank you very much for your assessment. Your comments will enhance the manuscript.

Introduction:

Line 55 – 'shows' should be 'shown'

Rationale/ knowledge gap - Key questions are not clear

Reply: We corrected.

We adjusted rationale/knowledge gap.

Results

Line #121 – missing word 'among' -" No statistically significant differences among oral....."

How are poor tolerance, good tolerance, well-synchronized and desynchronized defined?

Line 133- missing reference re "anchor sleep"

Reply: We added „among“.

We added the definition of circadian rhythm in the introduction and the other information under results of Motohashi & Takano.

We added the references.

The conclusion in line 133-135 does not much the summarized data in the preceding paragraph

Line 137 – 24 hour shifts

Reply: We deleted the word "in summary". The conclusion of the paper is presented.

We corrected 24-hour shifts

Key methodological factors are missing from article summaries

Reply: We added the information.

Conclusion

Missing reference for stated recommendation on line 223-225 “Recommendations for adequate nutrition in shift work include the maintenance of the daily meal rhythm. Especially in the second half of the night, workers should eat nothing more than a small snack”

Reply: We added the reference.

Line 225-226 “Drinking should be distributed throughout the shift (38).” Drinking what? Water? Caffeine? Other beverages?

Reply: We added the information.

The articles you reviewed do not adequately support your summary on lines 234-238

“In summary, the benefits for napping during the night shift are, for example, chronic sleep deprivation increases the risk of depression and burnout (39, 40), chronic sleep deprivation reduces empathy (39), fatigue increases faulty performance or influences decision-making (24, 9), and increases injuries (15, 237 9). Napping decreased errors or near errors (41, 42), increased reaction time (42), and napping reduced dangerous end-of-shift driving (41, 28, 42).”

Reply: We deleted “in summary”.

Reviewer B

The work meets the conditions for publication.