

**Supplementary Table 2.** Differences in Sleep Parameters between On-Duty and Off-Duty Days

(N = 515 days, 98 nurses)

	On duty (n = 234)	Off duty (n = 281)	<i>p</i> -value
	Mean [95% CI]		
Minutes in bed	420.49 [395.72, 445.26]	568.56 [545.57, 591.55]	< .001
Minutes asleep	336.85 [316.75, 356.94]	445.63 [427.05, 464.21]	< .001
Latency	21.94 [18.20, 25.67]	29.11 [25.62, 32.59]	.001
Efficiency	80.33 [78.70, 81.95]	78.72 [77.19, 80.25]	.070
WASO	36.84 [27.43, 46.26]	71.38 [62.52, 80.24]	< .001
Sleep quality	6.83 [6.39, 7.27]	6.07 [5.65, 6.49]	< .001

All *p*-values derived from the linear mixed model.

WASO = Wake time after sleep onset; CI = Confidence interval.