

Supplementary Table 1. Predominant shift work pattern of study participants (re-coded and original categories).

Predominant Shift Work Pattern (Re-coded)	Predominant Shift Work Pattern (Original)
Days	<ul style="list-style-type: none"> • Days (the majority of the shift falls between 06.00-14.00) • Afternoons (the majority of the shift falls between 14.00-22.00)
Nights	<ul style="list-style-type: none"> • Nights (the majority of the shift falls between 22.00-06.00)
Rotating	<ul style="list-style-type: none"> • Rotating but predominantly working days • Rotating but predominantly working afternoons • Rotating but predominantly working nights
Other	<ul style="list-style-type: none"> • Equal day/afternoon/night rotation (roughly equal split between the above described day/afternoon/night shifts, but does not need to include all 3 types, and can be rotation between just 2 types) • Split shifts (defined as two shifts worked in a 24-hour period, with a short break in between) • Inconsistent shifts • Other (i.e. a shift type which does not fit into the above patterns)