Recruitment by information campaign
- Duration: 2 months between start recruitment and end of inclusion
- Posters
- Information screens in base-station of the 2 selected regions
- Appointment for screening visit with occupational health physician to be taken by email or by phone

Screening visit by occupational health physician
- Pre-inclusion evaluation: BMI, interview on medication intake, STOP-Bang questionnaire, Epworth sleepiness score (ESS), Hopkin Symptom Checklist (HSCL-25), employment status.
- Application of in- and exclusion criteria

Inclusion OK:
- Informed consent given on screening visit
- 1 week to send it back
- Upon agreement: appointment given for baseline visit by phone contact
- Participant is informed on the need to respect a fasting period of 10 hours prior to scheduled baseline visit
- Phase ends after inclusion of 160 drivers
- **Explanation of sleep-wake diaries**
- **Chronotype questionnaire**
- **Coding of data**

Exclusion
If indicated for health reasons: referral to general practitioner

Stratified Randomization

Baseline visit with occupational health physician
- **Socio-demographic data** collected: date of birth, gender, marital status/family situation, education, years of shift work, smoking habits, alcohol and caffeine consumption, physical activity.
- **Clinical health data**: blood pressure, body mass index (BMI),
- **Blood sample** drawn for fasting plasma glucose, glycosylated haemoglobin (HbA1c).
- **Questionnaire taken during this visit**: chronotype by Morningness-Eveningness questionnaire (Horne and Ostberg, MEQ)
- **Questionnaires explained and link will be send** to be filled in at home: Checklist Individual Strength (CIS), Epworth sleepiness scale (ESS), Medical Outcomes Short Form 36 Health Status Survey (SF-36), Pittsburgh sleep Quality Index test (PSQI), Hopkins Symptom Checklist (HSCL-25)
Intervention group
- Start ergonomic schedule
  - Until the end of the study
- Education program
  - Will be organized within a month after randomization - Start Light therapy

Sleep-Wake diaries to be filled in every day as from randomization
- CIS to be completed once a month, on the end of the last day of series of shifts, before start of resting time

Control group
- "Waiting list"

Visit Month 3 with occupational health physician
- Clinical health data: blood pressure, body mass index (BMI),
- Blood sample drawn for fasting plasma glucose, HbA1c,
- Questionnaires given to be filled in at home: Checklist Individual Strength (CIS), Epworth sleepiness scale (ESS), Medical Outcomes Short Form 36 Health Status Survey (SF-36), Pittsburgh sleep Quality Index test (PSQI).
- Collection of sleep-wake diaries

Intermediate data collection

Sleep-Wake diaries to be filled in every day as from baseline visit
- Checklist Individual Strength (CIS) to be completed once a month, on the end of the last day of series of shifts, before start of resting time

Visit Month 6 with occupational health physician
- Clinical health data: blood pressure, body mass index (BMI),
- Blood sample drawn for fasting plasma glucose, HbA1c.
- Questionnaires given to be filled in at home: Checklist Individual Strength (CIS), Epworth sleepiness scale (ESS), Medical Outcomes Short Form 36 Health Status Survey (SF-36), Pittsburgh sleep Quality Index test (PSQI), Hopkins Symptom Checklist (HSCL-25)
- Collection of sleep-wake diaries

Final data collection