Timed physical exercise does not influence circadian rhythms and glucose tolerance in rotating night shift workers – the EuRhythDia study.

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Supplementary Figure

72-hour actigraphy recordings of physical activity profiles.

Shift workers received actigraphy recorders for 72 hours, beginning in the morning before a night shift, at the baseline examination, after 12 weeks of exercise intervention, and 12 weeks after the end of exercise intervention (24 weeks). The graphs show mean activity profiles recorded from 12 rotating night shift workers per group.

a-c) Actigraphy recordings in the exercise intervention group;

d-f) actigraphy recordings in the no intervention group.
