|           | MEQ score | Alcohol  | Smoking | Caffeine | Depressive mood | Anxiety symptoms | ESS score |
|-----------|-----------|----------|---------|----------|-----------------|------------------|-----------|
| **EOD**   |           |          |         |          |                 |                  |           |
| MEQ       | 1         |          |         |          |                 |                  |           |
| Alcohol   | 0.17      | 1        |         |          |                 |                  |           |
| Smoking   | 0.00      | 0.26*    | 1       |          |                 |                  |           |
| Caffeine  | 0.04      | 0.01     | 0.29*   | 1        |                 |                  |           |
| HADS-D    | -0.18     | -0.00    | -0.13   | -0.01    | 1               |                  |           |
| HADS-A    | -0.15     | -0.13    | -0.14   | -0.13    | 0.70*           | 1                |           |
| ESS       | 0.20      | -0.06    | -0.03   | -0.02    | 0.19            | 0.06             | 1         |
| ISI       | -0.20     | -0.01    | 0.02    | 0.02     | 0.57*           | 0.57*            | 0.06      |
| **3S**    |           |          |         |          |                 |                  |           |
| MEQ       | 1         |          |         |          |                 |                  |           |
| Alcohol   | 0.08      | 1        |         |          |                 |                  |           |
| Caffeine  | -0.06     | 0.37*    | 1       |          |                 |                  |           |
| HADS-D    | -0.17     | 0.14     | 0.20    | 1        |                 |                  |           |
| HADS-A    | -0.07     | -0.21    | -0.03   | 0.68*    | 1               |                  |           |
| ESS       | -0.10     | -0.00    | 0.11    | 0.15     | 0.13            | 1                |           |
| ISI       | -0.20     | -0.13    | 0.16    | 0.37*    | 0.33*           | 0.17             |           |
| **DW**    |           |          |         |          |                 |                  |           |
| MEQ       | 1         |          |         |          |                 |                  |           |
| Alcohol   | 0.01      | 1        |         |          |                 |                  |           |
| Smoking   | 0.02      | 0.33*    | 1       |          |                 |                  |           |
| Caffeine  | -0.06     | 0.16     | 0.20    | 1        |                 |                  |           |
| HADS-D    | -0.23*    | -0.13    | -0.13   | -0.01    | 1               |                  |           |
| HADS-A    | -0.11     | -0.13    | -0.06   | -0.04    | 0.56*           | 1                |           |
| ESS       | 0.01      | -0.04    | 0.15    | 0.14     | 0.19            | 0.17             | 1         |
| ISI       | -0.13     | 0.01     | 0.06    | -0.10    | 0.30*           | 0.28*            | 0.07      |

*p<0.05 (two-tailed), partial Spearman correlation. All 3S reported not smoking.
3S: nurses working in a three-shift schedule, DW: day workers, EOD: firefighters working in a 24-h-every-other-day shift schedule, ESS: Epworth Sleepiness Scale, HADS: Hospital Anxiety and Depression Scale, HADS-A: HADS anxiety, HADS-D: HADS depression, ISI: Insomnia Severity Index, MEQ: Morningness-Eveningness Questionnaire.