Supplementary material

Supplementary Table 1. Risk ratios comparing the number of spontaneous deliveries in the week after the transition into daylight saving time (spring) with the mean number of spontaneous deliveries in (1) the week that was two weeks before and the week that was two weeks after the exposure period, (2) the week that was three weeks before and the week that was three weeks after the exposure period, and (3) the week before the exposure period

Comparison unit	Observed*	The comparison period is the week that was two weeks before and the week that was two weeks after the exposure period		The comparison period is the week that was three weeks before and the week that was three weeks after the exposure period		The comparison period is the week that proceeded the exposure period	
		Expected†	RR (95% CI)	Expected‡	RR (95% CI)	Expected¶	RR (95% CI)
Whole week	18,519.2	18,466.0	1.003 (0.988-1.017)	18,278.5	1.013 (0.999-1.028)	18,220	1.016 (1.002-1.031)
Sunday**	2,549.2	2,536.0	1.005 (0.967-1.045)	2,512.0	1.015 (0.976-1.055)	2,492	1.023 (0.984-1.063)
Monday	2,774.0	2,708.0	1.024 (0.987-1.063)	2,753.0	1.008 (0.970-1.046)	2,748	1.009 (0.972-1.048)
Tuesday	2,716.0	2,680.5	1.013 (0.975-1.052)	2,693.0	1.009 (0.971-1.047)	2,633	1.032 (0.993-1.071)
Wednesday	2,739.0	2,678.0	1.023 (0.985-1.062)	2,577.5	1.063 (1.023-1.103)	2,631	1.041 (1.002-1.081)

	Observed*	Expected†	RR (95% CI)†	Expected‡	RR (95% CI)‡	Expected¶	RR (95% CI)¶
Thursday	2,621.0	2,716.5	0.965 (0.928-1.003)	2,613.0	1.003 (0.965-1.042)	2,612	1.003 (0.965-1.043)
Friday	2,609.0	2,605.0	1.002 (0.963-1.041)	2,613.0	0.998 (0.961-1.038)	2,636	0.990 (0.952-1.028)
Saturday	2,511.0	2,542.0	0.988 (0.950-1.027)	2,517.0	0.998 (0.959-1.037)	2,468	1.017 (0.978-1.058)

RR = risk ratio, CI = confidence intervals.

*Observed = number of spontaneous deliveries during the week following the spring transition.

†Expected = number of spontaneous deliveries during the week two weeks before and the week two weeks after the week following the spring transition divided by two.

‡Expected = number of spontaneous deliveries during the week three weeks before and the week three weeks after the week following the spring transition divided by two.

¶Expected = number of spontaneous deliveries during the week before the spring transition.

**The number of deliveries on the Sunday following the transition into daylight saving time was adjusted for the shorter day length (23 instead of 24 hours).

Supplementary Table 2. Risk ratios comparing the number of spontaneous preterm deliveries in the week after the transition into daylight saving time (spring) with the mean number of spontaneous preterm deliveries in the week before and the week after this period

Comparison unit	Number of spontaneous preterm deliveries		RR (95% CI)
	Observed*	**Expected†**	
Whole week	874.3	922.5	0.948 (0.886-1.013)
Sunday‡	127.3	120.5	1.056 (0.881-1.257)
Monday	125.0	143.0	0.874 (0.728-1.041)
Tuesday	139.0	141.0	0.986 (0.829-1.164)
Wednesday	122.0	127.0	0.961 (0.798-1.147)
Thursday	140.0	133.5	1.049 (0.882-1.237)
Friday	112.0	132.5	0.845 (0.696-1.017)
Saturday	109.0	125.0	0.872 (0.716-1.052)

RR = risk ratio, CI = confidence intervals.

*Observed = number of spontaneous preterm deliveries during the week following the spring daylight saving time transition.

†Expected = number of spontaneous preterm deliveries during the week before and the week after the week following the spring daylight saving time transition divided by two.

‡The number of spontaneous deliveries on the Sunday following the transition into daylight saving time was adjusted for the change in day length (23 instead of 24 hours).

Supplementary Table 3. Risk ratios comparing the number of spontaneous deliveries in the week after the transition out of daylight saving time (autumn) with the mean number of spontaneous deliveries in (1) the week that was two weeks before and the week that was two weeks after the exposure period and (2) the week that was three weeks before and the week that was three weeks after the exposure period, and (3) the week before the exposure period

Comparison unit	Observed*	The comparison period is the week that was two weeks before and the week that was two weeks after the exposure period		The comparison period is the week that was three weeks before and the week that was three weeks after the exposure period		The comparison period is the week that proceeded the exposure period	
		Expected†	RR (95% CI)	Expected‡	RR (95% CI)	Expected¶	RR (95% CI)
Whole week	19,072.9	19,084.5	0.999 (0.985-1.014)	19,114.5	0.998 (0.984-1.012)	19,218	0.992 (0.978-1.007)
Sunday**	2,617.9	2,730.0	0.959 (0.923-0.996)	2,682.0	0.976 (0.939-1.014)	2,706	0.967 (0.931-1.005)
Monday	2,841.0	2,852.0	0.996 (0.960-1.033)	2,862.5	0.992 (0.956-1.030)	2,845	0.999 (0.962-1.036)
Tuesday	2,720.0	2,763.5	0.984 (0.948-1.022)	2,789.5	0.975 (0.939-1.012)	2,868	0.948 (0.913-0.985)
Wednesday	2,708.0	2,747.0	0.986 (0.949-1.024)	2,745.5	0.986 (0.950-1.024)	2,813	0.963 (0.927-1.000)
Thursday	2,812.0	2,722.0	1.033 (0.995-1.072)	2,769.0	1.016 (0.978-1.054)	2,708	1.038 (1.000-1.078)

Friday	2,690.0	2,667.5	1.008 (0.971-1.047)	2,726.0	0.987 (0.950-1.025)	2,755	0.976 (0.940-1.014)
Saturday	2,684.0	2,602.5	1.031 (0.993-1.071)	2,540.0	1.057 (1.017-1.097)	2,523	1.064 (1.024-1.105)

RR = risk ratio, CI = confidence intervals.

*Observed = number of spontaneous deliveries during the week following the autumn transition.

†Expected = number of spontaneous deliveries during the week two weeks before and the week two weeks after the week following the autumn transition divided by two.

‡Expected = number of spontaneous deliveries during the week three weeks before and the week three weeks after the week following the autumn transition divided by two.

¶Expected = number of spontaneous deliveries during the week before the autumn transition.

**The number of deliveries on the Sunday following the transition out of daylight saving time was adjusted for the longer day length (25 instead of 24 hours).

Supplementary Table 4. Risk ratios comparing the number of spontaneous preterm deliveries in the week after the transition out daylight saving time (autumn) with the mean number of spontaneous preterm deliveries in the week before and the week after this period

Comparison unit	Number of spontaneous preterm deliveries		RR (95% CI)
	Observed*	**Expected**†	
Whole week	918.6	976.5	0.941 (0.881-1.004)
Sunday‡	129.6	134.5	0.964 (0.805-1.144)
Monday	127.0	143.0	0.888 (0.740-1.057)
Tuesday	118.0	137.0	0.861 (0.713-1.031)
Wednesday	135.0	140.5	0.961 (0.806-1.137)
Thursday	142.0	138.0	1.029 (0.867-1.213)
Friday	155.0	144.5	1.073 (0.910-1.255)
Saturday	112.0	139.0	0.806 (0.663-0.970)

RR = risk ratio, CI = confidence intervals.

*Observed = number of spontaneous preterm deliveries during the week following the daylight saving time transition.

†Expected = number of spontaneous preterm deliveries during the week before and the week after the week following the daylight saving time transition divided by two.

‡The number of spontaneous deliveries on the Sunday following the transition out of daylight saving time was adjusted for the change in day length (25 instead of 24 hours).