Table S1 - Regression analysis predicting a mediation effect of self-efficacy and working schedule flexibility on sleep onset time and well-being status.

	Outcome	Predictor	Mediator	B	SE	t	95% CIs		P-value
Model 1									
	WHO-5	Sleep Onset Time	Self-efficacy	-6.07	7.02	-0.86	-19.86	7.71	0.387
Model 2									
	WHO-5	Sleep Onset Time	Working Schedule Flexibility	0.05	0.02	2.54	0.01	0.08	0.011
Model 3									
	WHO-5	Sleep Onset Time	Self-efficacy	-8.44	7.05	-1.19	-22.55	5.66	0.231
			Working Schedule Flexibility	0.05	0.02	2.54	0.01	0.09	0.011

Models 1 and 2: Simple mediation effect on sleep onset time and well-being status.
Model 3: Serial multiple mediation effect on sleep onset time and well-being status.