

## Supplementary Material 1. Night shift sleep survey: nurses

*"This is a voluntary survey and is anonymous. Thank you very much for participating!"*

If you no longer work nights, please complete the survey based on your past experiences

1. Do you have a pre-night shift routine?      YES    NO
2. What *physical* sleep aids do you use? (Circle all that apply)  
Blackout curtains    Earplugs    Background noise (fan, music, etc)    Special pillows (anatomic)    Humidifier    Other? \_\_\_\_\_
3. What is your preferred bedroom temperature? (Write in or circle)  
\_\_\_\_\_ °Fahrenheit or No Preference
4. What pharmacological sleep aid do you use consistently *before* a night shift? (Circle one, if none leave blank)  
Benadryl    Unisom    Dramamine    Valerian    Melatonin    Ambien    Restoril    Lunesta    Sonata    Belsorma    Alcohol  
Other \_\_\_\_\_
5. What pharmacological sleep aids have you tried? (Circle all that apply)  
Benadryl    Unisom    Dramamine    Valerian    Melatonin    Ambien    Restoril    Lunesta    Sonata    Belsorma    Alcohol  
Other \_\_\_\_\_
6. Do you eat *just before* going to sleep? (Circle one)  
No meal    Snack    Small meal    Regular meal
7. After you wake up do you regularly use any of the following before or during your shift? (if none leave blank)  
Coffee    Tea    Energy Drink    Caffeine (tablet)    Provigil  
Other \_\_\_\_\_
8. Despite these preparations, do you consistently experience fatigue during a night shift?    YES    NO
9. What average time during a night shift would you estimate your alertness to be at its lowest level?  
\_\_\_\_\_ O'clock



## Pre-Isolated Night Shift

10. Please estimate the minimum hours of sleep you need to be mentally and physically functional for a non-consecutive (*isolated*) night shift \_\_\_\_\_ hours
11. How much average sleep do you get before an *isolated* night shift? \_\_\_\_\_ hours or (Circle) Don't sleep (skip to 12)
  - 11A. If you sleep, what is your preferred time of day to go to bed? \_\_\_\_\_ O'clock
  - 11B. If you sleep, what is your preferred time to wake up? \_\_\_\_\_ O'clock



## Post-Isolated Night Shift

12. Please estimate the minimum hours of sleep you need to be functional the day after an *isolated* night shift \_\_\_\_\_ hours
13. On average, how many hours elapse before you go to sleep after arriving home? \_\_\_\_\_ hours or (Circle) I don't sleep (Skip to 14)
  - 13A. If you sleep, how many hours do you estimate you get after an *isolated* night shift? \_\_\_\_\_ hours



### Between Consecutive Night Shifts

- 14. Please estimate the minimum hours of sleep you need to be functional between consecutive night shifts \_\_\_\_\_ hours
- 15. How much average sleep do you estimate you get between consecutive night shifts? \_\_\_\_\_ hours
- 16. What is your preferred time of day to go to bed? \_\_\_\_\_ O'clock
- 17. What is your preferred time to wake up? \_\_\_\_\_ O'clock
- 18. On average, how many hours elapse before you go to sleep after arriving home? \_\_\_\_\_ hours



- 19. Have you ever fallen asleep while driving home? YES NO
- 20. Have you ever been in a post-night shift accident? YES NO

21. I enjoy working night shifts. (Please circle answer)

<input type="radio"/> Strongly disagree	<input type="radio"/> Disagree	<input type="radio"/> Neutral	<input type="radio"/> Agree	<input type="radio"/> Strongly agree
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22. Night shifts do not alter my normal sleep cycle.

<input type="radio"/> Strongly disagree	<input type="radio"/> Disagree	<input type="radio"/> Neutral	<input type="radio"/> Agree	<input type="radio"/> Strongly agree
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23. Career night shift workers have shorter life-spans than day shift workers.

<input type="radio"/> Strongly disagree	<input type="radio"/> Disagree	<input type="radio"/> Neutral	<input type="radio"/> Agree	<input type="radio"/> Strongly agree
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24. Career night shift workers are more susceptible to illness than day shift workers.

<input type="radio"/> Strongly disagree	<input type="radio"/> Disagree	<input type="radio"/> Neutral	<input type="radio"/> Agree	<input type="radio"/> Strongly agree
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25. Career night shift workers age faster than day shift workers.

<input type="radio"/> Strongly disagree	<input type="radio"/> Disagree	<input type="radio"/> Neutral	<input type="radio"/> Agree	<input type="radio"/> Strongly agree
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26. Career night shift workers experience higher overall levels of stress in their personal lives than day shift workers.

<input type="radio"/> Strongly disagree	<input type="radio"/> Disagree	<input type="radio"/> Neutral	<input type="radio"/> Agree	<input type="radio"/> Strongly agree
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27. Career night shift workers have a higher prevalence of depression than day shift workers.

<input type="radio"/> Strongly disagree	<input type="radio"/> Disagree	<input type="radio"/> Neutral	<input type="radio"/> Agree	<input type="radio"/> Strongly agree
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28. Career night shift workers are more likely to depend on drugs and alcohol than day shift workers.

<input type="radio"/> Strongly disagree	<input type="radio"/> Disagree	<input type="radio"/> Neutral	<input type="radio"/> Agree	<input type="radio"/> Strongly agree
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29. About you:

The majority of my shifts are nights YES NO

Years after RN school: \_\_\_\_\_

Years ED experience: \_\_\_\_\_

Gender: FEMALE MALE

Age: \_\_\_\_\_

"THANK YOU!"