

**Supplementary Table 2.** Working hours and mean difference in clinical risk markers (standardized values) among male participants (max n=36 210), adjusted for age, socioeconomic position, smoking, alcohol use, physical activity, depressive symptoms, and chronic disease

	<i>Body mass index (BMI)</i>	<i>Waist circumference</i>	<i>Waist-hip ratio</i>	<i>Forced volume vital capacity (FVC)</i>	<i>Forced expiratory volume (FEV)</i>	<i>Systolic blood pressure</i>	<i>Diastolic blood pressure</i>	<i>Pulse pressure</i>
Exposure to long working hours	Mean (95% CI)	Mean (95% CI)	Mean (95% CI)	Mean (95% CI)	Mean (95% CI)	Mean (95% CI)	Mean (95% CI)	Mean (95% CI)
Timing of exposure								
Never	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00
Former	0.09 (0.07-0.11)	0.09 (0.07-0.11)	0.05 (0.04-0.07)	0.00 (-0.02-0.02)	0.00 (-0.03-0.02)	-0.01 (-0.03-0.01)	-0.01 (-0.04-0.01)	0.00 (-0.03-0.02)
Current	0.12 (0.10-0.14)	0.09 (0.07-0.11)	0.03 (0.01-0.05)	0.02 (-0.00-0.05)	0.00 (-0.02-0.03)	-0.02 (-0.04-0.01)	0.01 (-0.02-0.04)	-0.03 (-0.06--0.00)
	<i>Total cholesterol</i>	<i>Triglycerides</i>	<i>High-density lipoproteins (HDL)</i>	<i>Low-density lipoprotein (LDL)</i>	<i>Glucose</i>	<i>Creatinine</i>	<i>Gamma-glutamyl-transferase (Gamma GT)</i>	<i>Alanine transaminase (ALT)</i>
	Mean (95% CI)	Mean (95% CI)	Mean (95% CI)	Mean (95% CI)	Mean (95% CI)	Mean (95% CI)	Mean (95% CI)	Mean (95% CI)
Timing of exposure								
Never	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00
Former	0.01 (-0.02-0.04)	0.05 (0.02-0.08)	-0.05 (-0.08- -0.03)	0.01 (-0.02-0.04)	0.03 (0.00-0.06)	0.00 (-0.02-0.02)	0.04 (0.01-0.06)	0.06 (0.03-0.09)
Current	0.03 (0.00-0.06)	0.03 (-0.01-0.06)	-0.04 (-0.07--0.01)	0.04 (0.01-0.07)	0.04 (0.01-0.07)	0.02 (0.00-0.05)	0.03 (0.00-0.05)	0.04 (0.00-0.07)
	<i>White blood cells</i>	<i>Hemoglobin</i>	<i>Platelets</i>					
	Mean (95% CI)	Mean (95% CI)	Mean (95% CI)					
Timing of exposure								
Never	1.00	1.00	1.00					
Former	0.03 (0.01-0.06)	0.00 (-0.02-0.02)	0.01 (-0.02-0.03)					
Current	0.03 (0.00-0.06)	-0.01 (-0.04-0.01)	0.02 (0.00-0.05)					