7-day shift work cycles	Experimental period	Animal	Glucose tolerance/insulin sensitivity			Study
			Test mothed	Testing time	Outcome	
12 h advance on day 1, normal phase on day 2-7	3 weeks	C57BL/6 male mice	OGTT	ZT9 on day 2	glucose tolerance ↓	Figueiro et al. 2017 [14]
12 h advance on day 1-3, normal phase on day 4-7	3 weeks	C57BL/6 male mice	OGTT	ZT9 on day 4	glucose tolerance ↓	Figueiro et al. 2017 [14]
10 h delay on day 1-4, normal phase on day 5-7	12 weeks	Sudanian grass male rats	OGTT	ZT2; day NR	glucose tolerance ↓	Grosbellet et al. 2015 [15]
8 h advance on day 1-3, normal phase on day 4-6 (6-day cycles)	8 weeks	C57BL/6 female/male mice	OGTT	NR	glucose tolerance ↓	Thaiss et al. 2014 [16]
10 h advance on day 1-4, normal phase on day 5-7	20 weeks	Long-Evans male rats	OGTT	ZT2 on day 7	glucose tolerance unchanged	Bartol-Munier et al. 2006 [17]
6 h advance on day 1-3, 12 h advance on day 4-6, 18 h advance on day 7-9, normal phase on day 10-12 (12-day cycles)	10 weeks	Sprague Dawley male rats	hyperinsulinemic-euglycemic clamp	ZT2 on day 10	insulin sensitivity unchanged	Gale et al. 2011 [18]

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