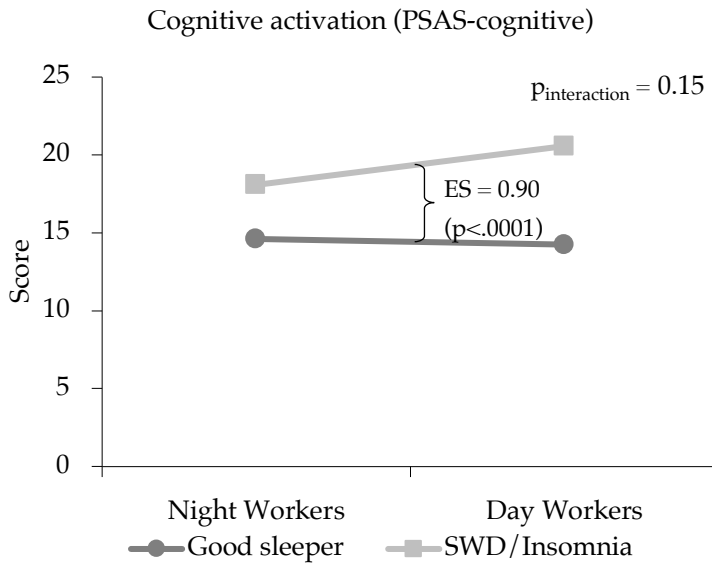
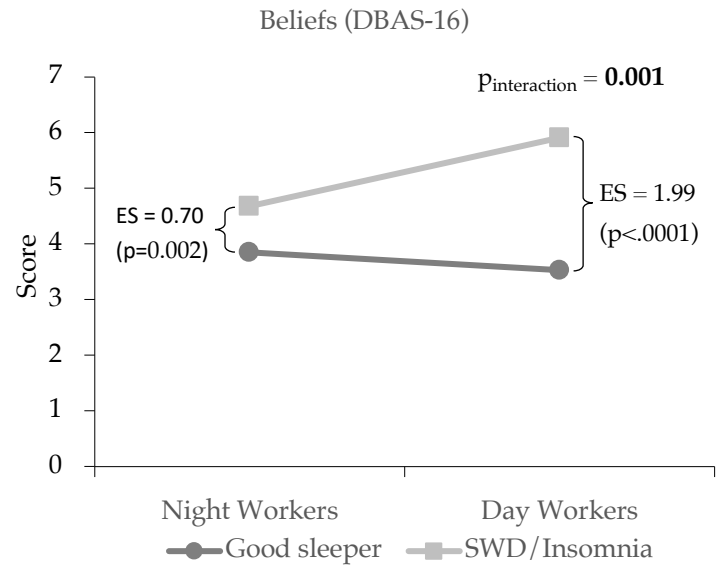


**Supplemental Figure S1.** The Distribution of Napping Over a 24-hour Period for Night Workers.

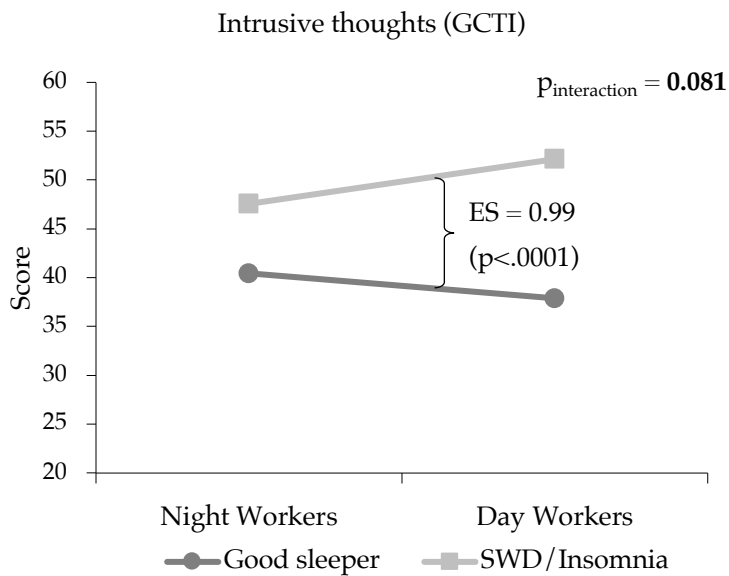
a)



b)



c)



**Supplemental Figure S2.** Cognitive activation variables according to Work Schedule (Night or Day Workers) and Sleep Disorder (Good Sleep or SWD/insomnia).

*Note.* PSAS-cognitive = Predisposition Sleep Arousal Scale cognitive scale; DBAS-16 = Dysfunctional beliefs and attitudes about sleep 16-item; GCTI= Glasgow content of thoughts inventory; SWD = Shift Work Disorder; ES = Effect sizes.