

Appendix A
Question Justification

Item	Construct/Variable	Rationale for Inclusion
176 total items	Baseline survey: Form 1004	Explore differences between participants in based on demographic characteristics.
	Demographic items (n=27 items)	Explore differences the participant pool based on initial intervention and wait-list control group status, while controlling for key participant demographic factors and baseline assessment of sleep health and fatigue.
	Physical activity items (n=8 items)	
	PSQI (n=20 items)	Explore whether there is an empirical association between participation in the study and key demographic factors, and baseline indicators of sleep health, and fatigue.
	ESS (n=8 items)	
	CFQ (n=13 items)	
	EMS-SAQ (n=30 items)	
	SAS (n=5 items)	Capturing these data at baseline (with Form 1004) will allow for exploration of change(s) in key sleep health and fatigue factors from baseline to the end of the study period.
	OFER (n=15 items)	
SFAB (n=50 items)		
	Intra-shift and inter-shift text message queries: (Start of Shift) - Form 1005	To monitor the impact of the intervention materials on indicators of participant sleep and fatigue over time.
7 total items	Intra-shift text message queries: (Start of Shift) - Form 1005	Explore differences in pre-shift sleep, sleep during shifts (intra-shift), and sleep between shifts (inter-shift) by intervention group status at different time points during the study (e.g., start, mid-point, end of study).
3 total items	Intra-shift text message queries: (During Shifts) - Form 1005	
7-12 total items	Intra-shift text message queries: (End of Shifts) - Form 1005	
8 total items	Inter-shift text message queries: (Between scheduled shifts) - Form 1005	Explore the impact of study intervention on unique indicators of self-reported fatigue, sleepiness, and difficulty with concentration.
141 total items	Follow-up survey: Form 1006	Examine differences in participants that started the study versus those that completed the study as designed.
	PSQI (n=20 items)	Explore presence of change in key indicators of sleep health and fatigue from baseline to the study's end/completion.
	ESS (n=8 items)	
	CFQ (n=13 items)	
	EMS-SAQ (n=30 items)	

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	SAS (n=5 items)	Explore differences between the participant groups (initial intervention group vs. wait-list
	OFER (n=15 items)	
	SFAB (n=50 items)	
7 total items	Sleep Diary: Form 1007	For purposes of the sub-sample, the paper-based sleep diary (Form 1007) will be used to document self-reported sleep-wake cycles. These data will be compared against objectively measured sleep-wake cycles acquired by actigraphy.