**Sample of Education Modules**

**Case Cross-Over Design**

Text-message queries run 7-days every 3 weeks

12 weeks

24 weeks

**Cross-over**

Hours/quality of sleep

Fatigue/sleepiness ratings

Reported shift injuries

Baseline indicators of sleep health and fatigue

Explore change in key indicators of sleep health and fatigue from baseline to post intervention

**Wait-list Control Group**

**Intervention Group**