

## **D.2 SURVEY FOR IMMEDIATE POST-TRAINING**

Thank you for taking the time to complete the NIOSH online “Training for Nurses on Shift Work and Long Work Hours.” Now that you have completed the training, we would like to ask you four questions which should take approximately 7 minutes to answer. The first two questions are about your plans to change behaviors that might help improve your sleep. The last two questions are about the training itself and are not multiple choice, allowing you to write-in your opinion on what you liked and disliked about the training. This will help us better understand whether the training is meeting your needs.

1. How strongly do you agree or disagree with the following statements:

I intend to use behaviors to promote sleep by improving sleep hygiene (e.g. improved sleep environment, taking naps, adjusting caffeine intake)	1 Disagree	2 Somewhat disagree	3 Neither agree nor disagree	4 Somewhat agree	5 Agree
I intend to use behaviors to promote sleep by changing my work environment (e.g., schedule adjustments, less overtime, etc.)	1 Disagree	2 Somewhat disagree	3 Neither agree nor disagree	4 Somewhat agree	5 Agree

2. What did you like about the training program?

3. What could improve in the training program?