

Supplemental Table 1. Characteristics of study groups.

Characteristics	Study groups		Total subjects (n=6475)	P-value
	12-hr Fixed day (n=3845)	12-hr rotating night (n=2630)		
Age, (year)				
Mean $\pm$ SD	37.2 $\pm$ 7.6	36.4 $\pm$ 6.9	36.9 $\pm$ 7.4	<0.001 ^a
Work history, (year)				
Mean $\pm$ SD	9.3 $\pm$ 7.4	7.8 $\pm$ 5.3	8.8 $\pm$ 6.8	<0.001 ^a
BMI,(kg/m ²)				
Mean $\pm$ SD	26.2 $\pm$ 3.8	26.5 $\pm$ 3.8	26.3 $\pm$ 3.8	0.001 ^a
FBS, (mg/dl)				
Mean $\pm$ SD	90.6 $\pm$ 22.6	89.8 $\pm$ 23.7	90.2 $\pm$ 23.0	0.001 ^a
TC, (mg/dl)				
Mean $\pm$ SD	181.8 $\pm$ 40.2	183.5 $\pm$ 37.9	182.5 $\pm$ 39.3	0.062 ^a

Abbreviation: SD, standard deviation; BMI, body mass index; FBS, Fasting blood sugar; TC, Total cholesterol.

^a Mann–Whitney test for the difference among study groups.