

# Supplementary Materials

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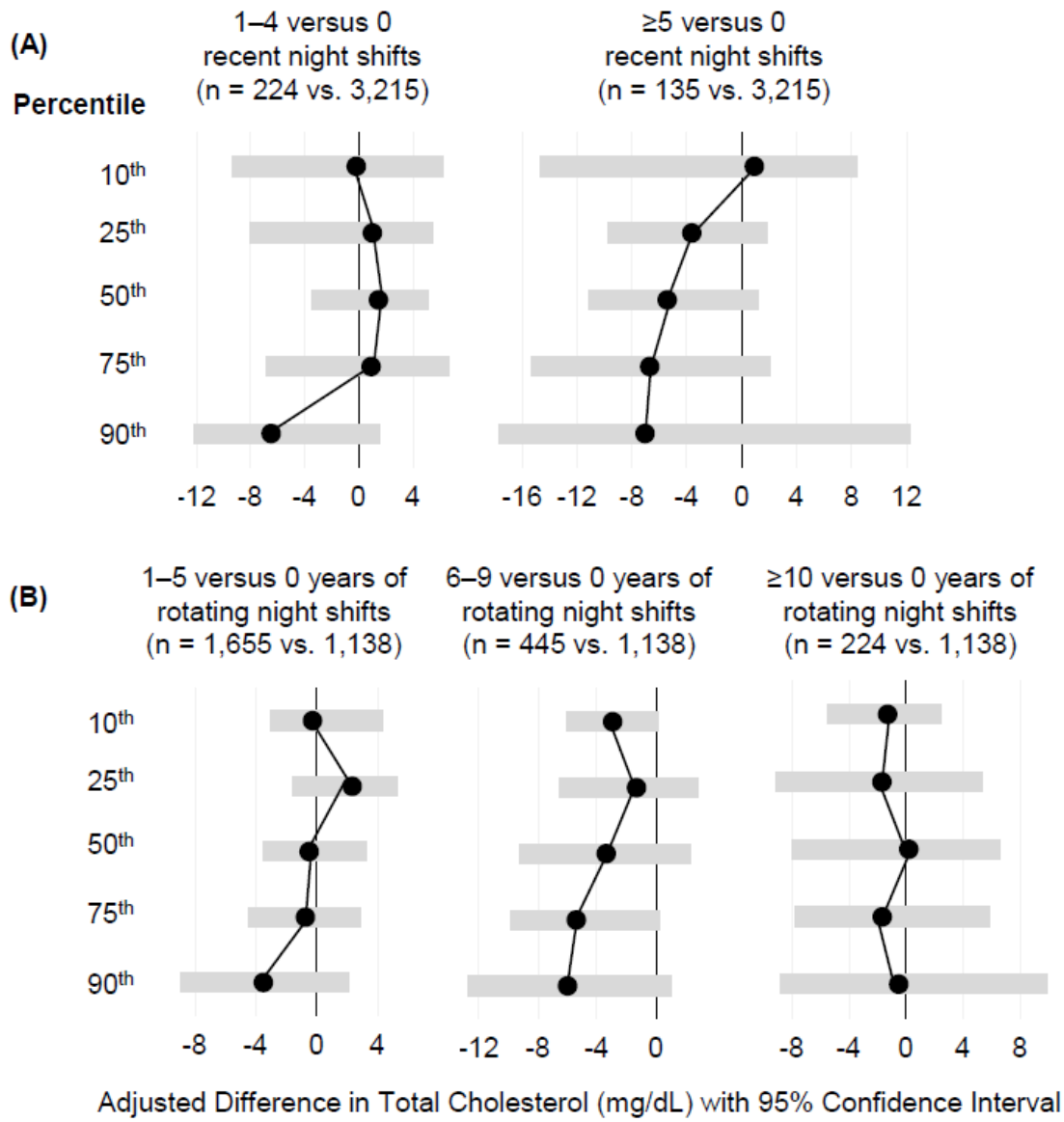
Supplementary Table 1. Distribution of six cardiovascular disease biomarkers in the study population and clinically established cardiovascular risk thresholds, Nurses' Health Study II, 1996-2001.

Biomarker	Percentile of Distribution					CVD Risk Thresholds <sup>a</sup>	
	10 <sup>th</sup>	25 <sup>th</sup>	50 <sup>th</sup>	75 <sup>th</sup>	90 <sup>th</sup>	Low/Average Risk	High Risk
Total cholesterol (mg/dL)	154	173	193	216	240	<200	≥240
LDL cholesterol (mg/dL)	80	96	114	133	157	<100	≥160
HDL cholesterol (mg/dL)	44	51	60	70	83	≥60	<40
Triglycerides (mg/dL)	48	60	81	118	172	<150	≥200
C-reactive protein (mg/L) <sup>b</sup>	0.17	0.33	0.80	1.99	4.28	≤3.00	>3.00
Fibrinogen (mg/dL)	185	189	198	226	254	---	---

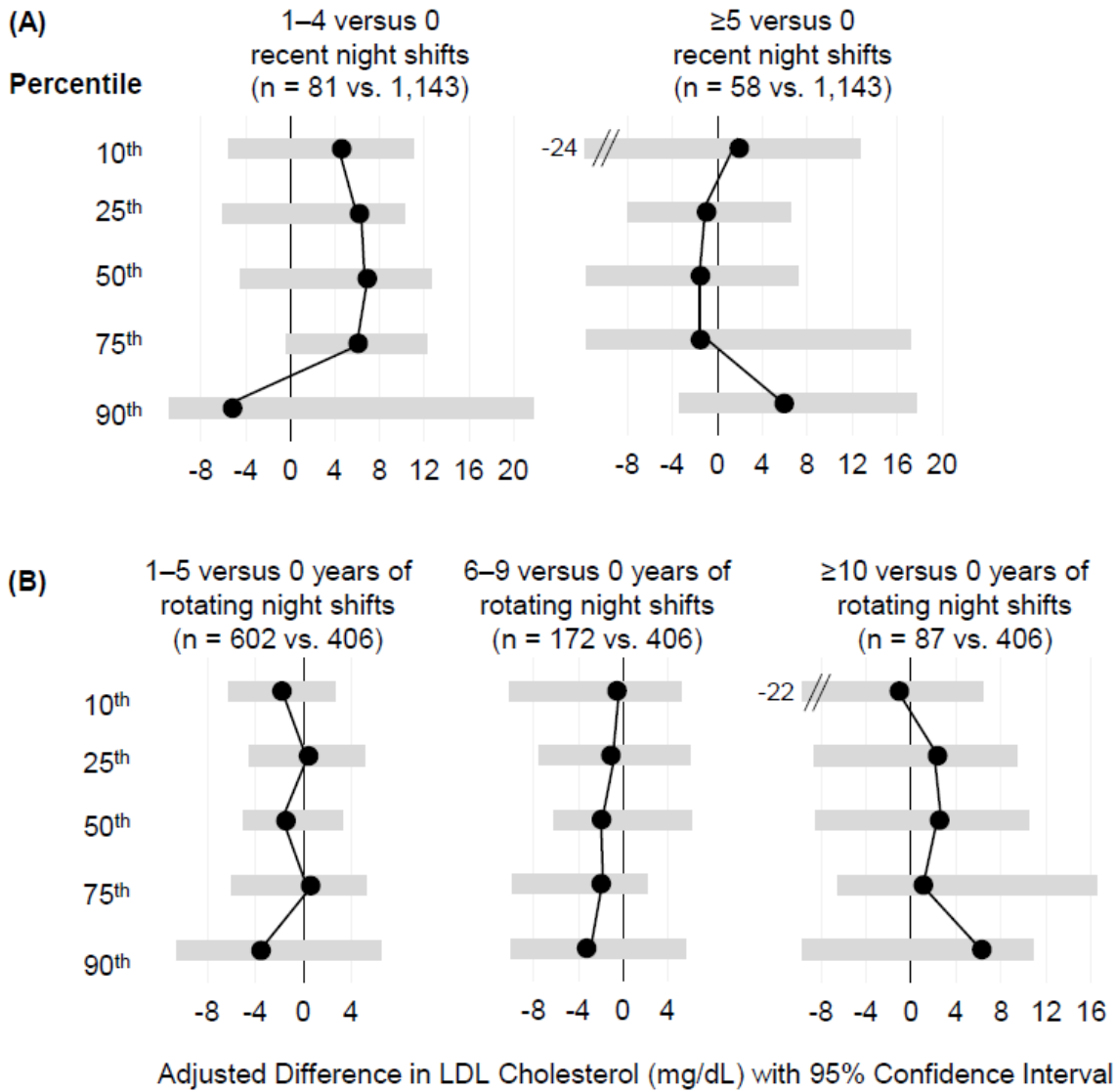
Abbreviations: CVD, cardiovascular disease.

<sup>a</sup> CVD risk thresholds based on Adult Treatment Panel III guidelines for lipids and Centers for Disease Control and Prevention and American Heart Association guidelines for C-reactive protein. There is no clinically accepted CVD risk threshold for fibrinogen.

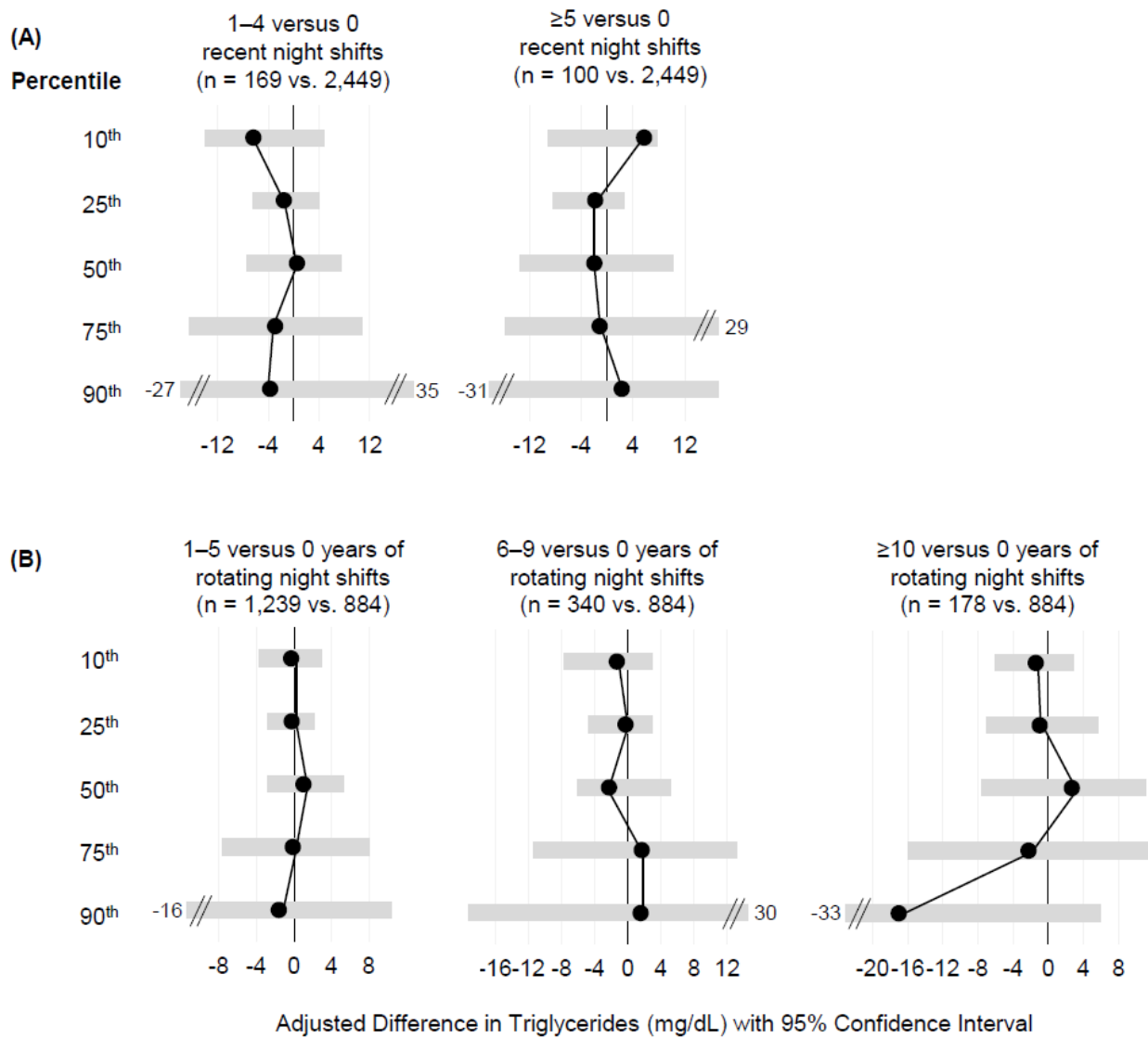
<sup>b</sup> C-reactive protein values >10 mg/dL were excluded.



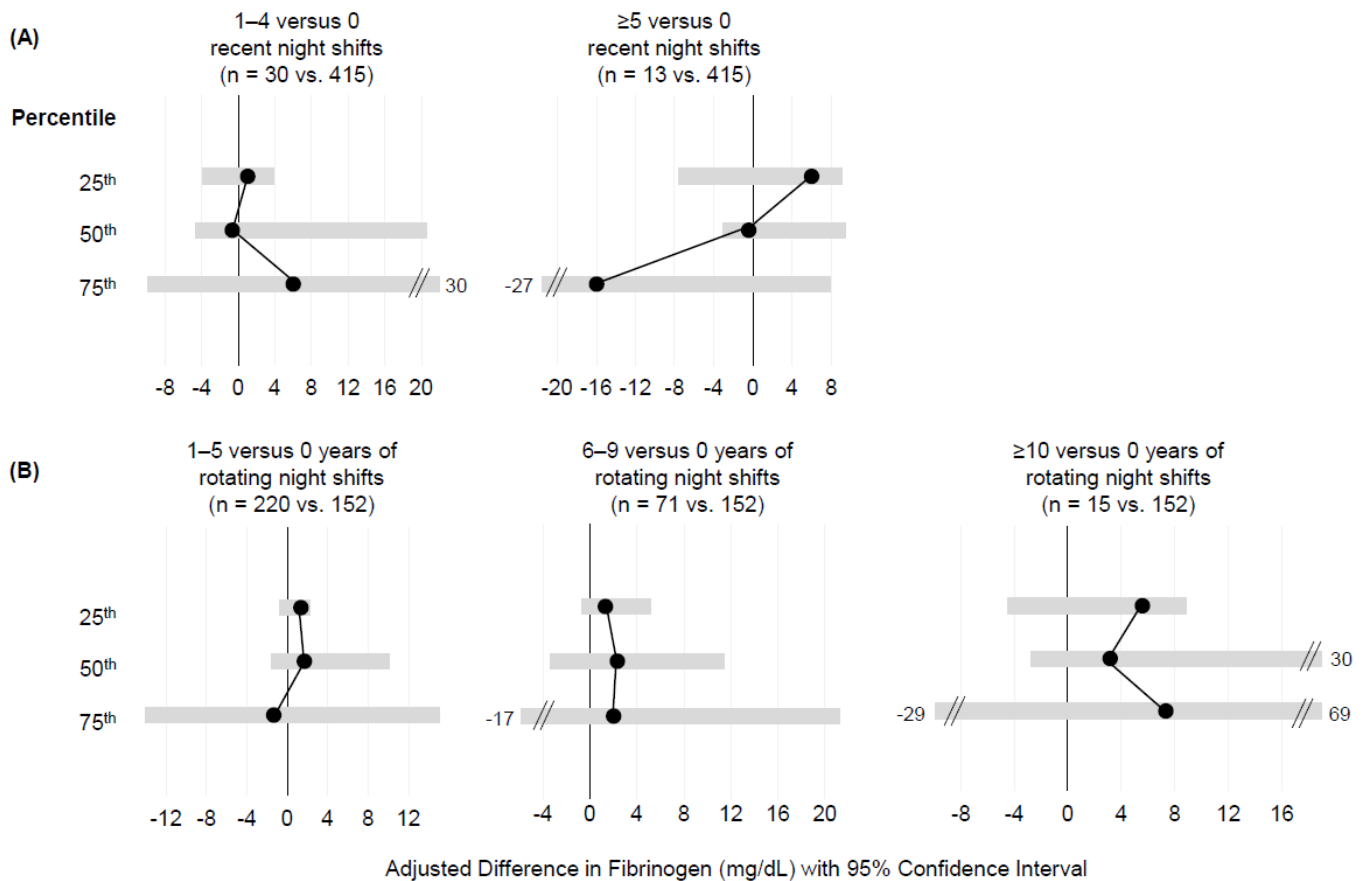
**Supplemental Figure 1.** Adjusted differences in total cholesterol levels between nurses working and not working night shifts. The total cholesterol distributions were similar between nurses working and not working (A) recent night shifts or (B) rotating night shifts. In (A), total cholesterol levels were lower among nurses working  $\geq 5$  recent night shifts compared to the reference group, but confidence intervals were wide and included the null.



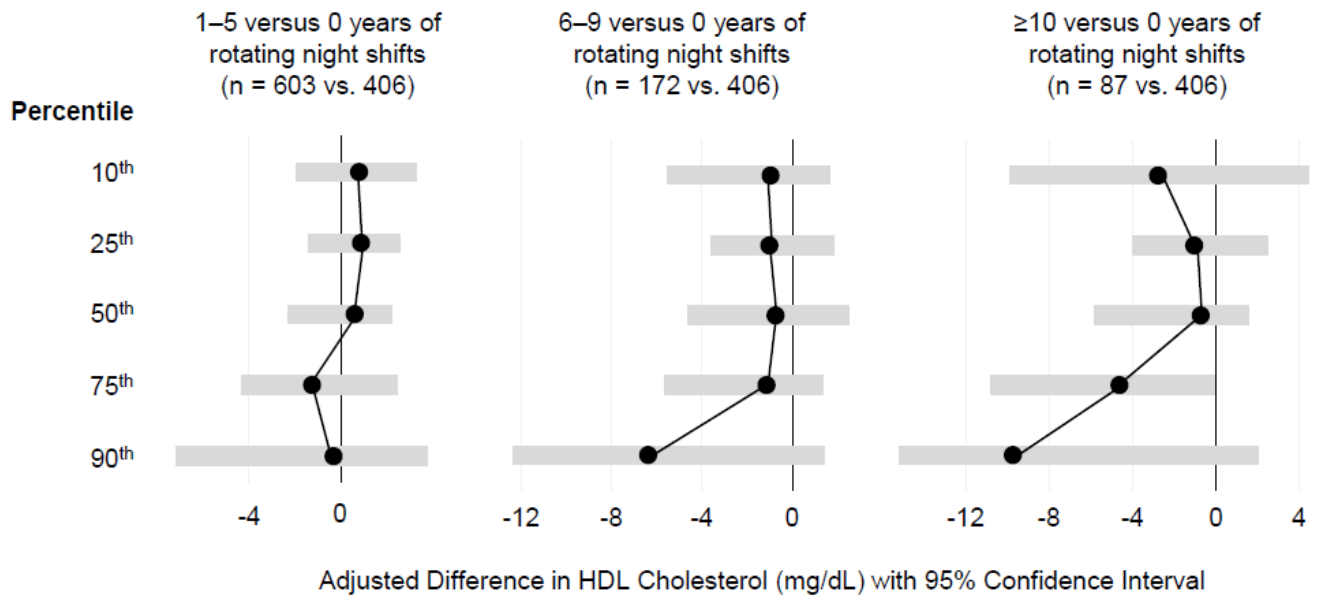
**Supplemental Figure 2.** Adjusted differences in LDL cholesterol levels between nurses working and not working night shifts. There were few differences in the LDL cholesterol distributions between nurses working and not working (A) recent night shifts or (B) rotating night shifts. In (A), LDL cholesterol levels were higher than the comparison group for nurses working 1-4 recent night shifts, although confidence intervals were wide and included the null.



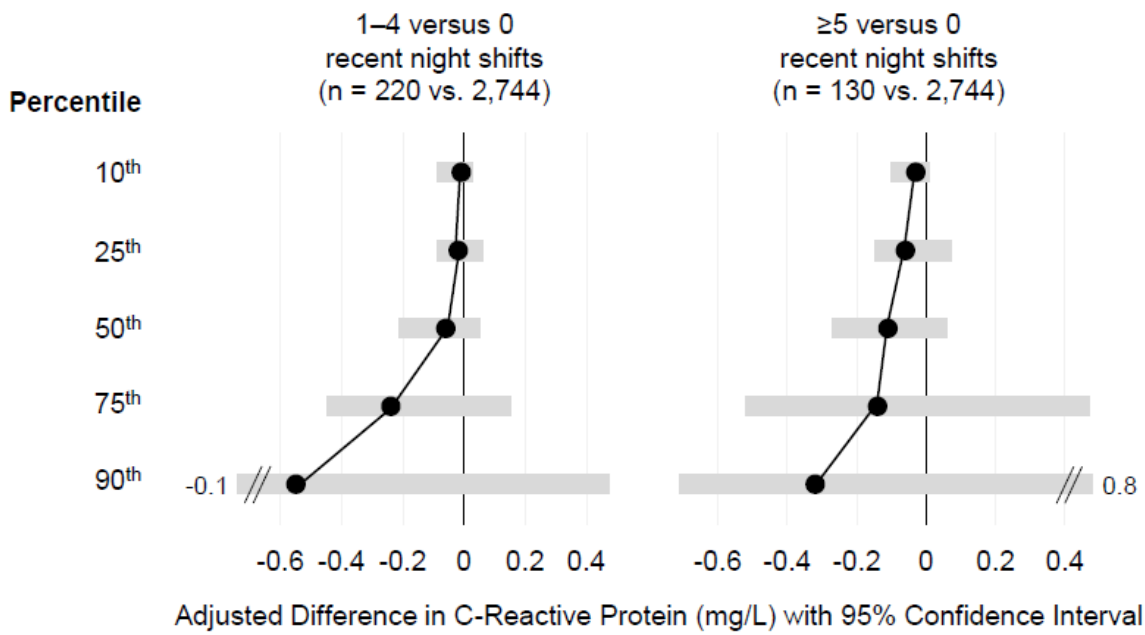
**Supplemental Figure 3.** Adjusted differences in triglyceride levels between nurses working and not working night shifts. We found no differences in the triglyceride distributions between nurses who worked and did not work (A) recent night shifts or (B) rotating night shifts.



**Supplemental Figure 4.** Adjusted differences in fibrinogen levels between nurses working and not working night shifts. The sample size was too small to draw conclusions about any differences in fibrinogen levels between nurses working and not working (A) recent night shifts or (B) rotating night shifts. We could not estimate results for the 10<sup>th</sup> and 90<sup>th</sup> percentiles of the distribution because of the small sample size.



**Supplemental Figure 5.** Adjusted differences in HDL cholesterol levels between nurses working and not working night shifts. There were few apparent differences in the HDL cholesterol distribution by years of rotating night shifts worked during the nurses' careers.



**Supplemental Figure 6.** Adjusted differences in C-reactive protein (CRP) levels between nurses working and not working night shifts. The lower end of the CRP distribution for nurses working recent night shifts might be shifted downward compared to nurses with no recent night shift work, but these estimates were imprecise and had wide confidence intervals.