

Supplementary Table 1. Logistic regression models predicting study outcomes controlling for OSA, insomnia and SWD diagnosis

Dependent Variable	Model Chi-square (12df), sig value	Variance explained ^a	Significant predictors ^b	OR (95% CI)
ESS score >10	137.91, p<.001	.050-.069	Medication with sleepiness as a side effect	1.50 (1.12, 2.00)
			Night shift work	1.32 (1.09, 1.62)
			Wake-promoting meds x night shift work	2.48 (1.19, 5.54)
			Insomnia diagnosis	1.67 (1.17, 2.40)
			OSA diagnosis	1.87 (1.57, 2.21)
			SWD diagnosis	2.42 (1.70, 3.45)
			Near crash	111.47, p<.001
Night shift work	1.38 (1.12, 1.70)			
Age	.99 (.98, 1.00)			
Insomnia diagnosis	1.57 (1.11, 2.22)			
OSA diagnosis	1.45 (1.22, 1.73)			
SWD diagnosis	1.61 (1.15, 2.25)			
Fatigue errors	254.87, p<.001	.081-.113		
			Medication with sleepiness as a side effect	1.48 (1.12, 1.96)
			Night shift work	2.18 (1.78, 2.67)
			Insomnia diagnosis	1.68 (1.18, 2.38)
			OSA diagnosis	1.54 (1.30, 1.83)
			SWD diagnosis	2.06 (1.47, 2.89)
			Stress ^c	115.94, p<.001
Sleep-promoting medication	1.33 (1.03, 1.72)			
Medication with sleepiness as a side effect	1.31 (1.02, 1.69)			
Night shift work	.78 (.64, .95)			
Age	.982(.973-.992)			
Gender	.791 (.65, .97)			
Insomnia diagnosis	1.95 (1.38, 2.76)			
OSA diagnosis	1.46 (1.24, 1.72)			
SWD diagnosis	1.47 (1.05, 2.06)			
Burnout ^d	262.33, p<.001	.087-.12	Sleep-promoting medication	1.68 (1.28, 2.21)
			Medication with sleepiness as a side effect	1.67 (1.27, 2.19)
			Age	.983 (.97-.99)
			Gender	.65 (.53-.80)
			Insomnia diagnosis	2.70 (1.78, 4.08)
			OSA diagnosis	2.21 (1.86,2.62)
			SWD diagnosis	2.33 (1.61, 3.36)

^a: Estimates here represent Cox & Snell R-Square and Nagelkerke R-square values

^b: Predictors and levels entered into the model: wake medications: used in the past month vs not used, sleep medications: used in the past month vs not used, medication with sleepiness as a side effect: used in the past month vs not used, night-shifts: worked vs not. Only variables significantly contributing to the model are included in the table. Model controlled for age, gender, and previous diagnosed OSA, insomnia or SWD.

^c: Scores of 5-7 on a 7-point Likert-type scale

^d: created using Maslach's burnout scale (emotional subscale) – scores of 18+ used to reflect moderate-high burnout