**Supplemental Table 3: Typical Work Day for Fellows and Faculty**

Listed are the self-reported average times for different events during the work day for both fellows and faculty in the intervention and control models. Average times are listed in 24-hour format with standard deviation.

|  |  |  |
| --- | --- | --- |
| OUTCOMES | FELLOWS | FACULTY |
|  | **Intervention** | **Control** | **P-value** | **Intervention** | **Control** | **P-value** |
| Wake-up time [hh:mm] | 5:40 (0:06) | 5:36 (0:06) | 0.497 | 5:33 (0:06) | 5:32 (0:06) | 0.492 |
| Out of bed time [hh:mm] | 5:54 (0:05) | 5:48 (0:05) | 0.464 | 5:48 (0:06) | 5:48 (0:06) | 0.542 |
| Time arrived at work [hh:mm] | 6:53 (0:03) | 6:45 (0:03) | 0.171 | 7:05 (0:06) | 7:03 (0:05) | 0.370 |
| Time departed work [hh:mm] | 19:13 (0:06) | 19:01 (0:06) | 0.170 | 18:04 (0:06) | 18:03 (0:06) | 0.89 |
| Lights out [hh:mm] | 22:40 (0:11) | 22:45 (0:10) | 0.229 | 22:41 (0:09) | 22:42 (0:08) | 0.631 |
| Time fell asleep [hh:mm] | 22:54 (0:09) | 23:01 (0:10) | 0.184 | 22:52 (0:09) | 22:54 (0:08) | 0.659 |