**Supplemental Table 4: Caffeine Intake, Naps, and Exercise in Fellows and Faculty**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| OUTCOMES | FELLOWS | | | FACULTY | | |
|  | **Intervention** | **Control** | **P-value** | **Intervention** | **Control** | **P-value** |
| Caffeine Intake  Coffee, ounces  Soda, ounces | 9.5 (0.6)  7.7 (0.9) | 10.0 (0.6)  5.6 (0.9) | 0.66  0.07 | 17.3 (0.6)  4.9 (0.4) | 17.0 (0.6)  4.5 (0.44) | 0.78  0.60 |
| Days with Naps, % | 5.3% (1.4) | 5.0% (1.4) | 0.89 | 1.9% (0.9) | 3.4% (0.9) | 0.24 |
| Exercise  Days, % of total  Duration, minutes | 11.1% (2.1)  37.1 (4.2) | 14.8% (2.1)  45.2 (3.8) | 0.38  0.16 | 11.8% (1.9)  27.6 (5.1) | 14.8% (1.9)  37.7 (4.5) | 0.27  0.14 |

Self-reported caffeine intake, naps, and exercise in faculty and fellows in intervention and control staffing models. Caffeine intake from energy drinks and tea was negligible and is not shown. All data are average (standard deviation).