

Supplementary table 2. Independent t-test and chi-square test of differences between intervention and control groups at baseline

	t/ $\chi^2$	df	P
<b>Background information</b>			
Age	t= 0.745	198	0.457
Gender	$\chi^2= 0.18$	1	0.18
Months of employment	t= -1.351	205	0.178
Medication (yes/no)*	$\chi^2= 0.889$	1	0.502
Sleep medications <sup>#</sup>	t= -0.668	81	0.506
Sedatives <sup>#</sup>	t= -1.205	80	0.232
Opioid analgesics <sup>#</sup>	t= 0.102	80	0.919
Other painkillers <sup>#</sup>	t= -0.066	83	0.947
<b>Primary outcomes</b>			
ISI <sup>^</sup>	t= -0.095	201	0.924
KSQ	t= 0.293	204	0.77
SMBM Global	t= 0.157	199	0.875
SMBM Fatigue	t= -0.323	199	0.747
SMBM Cognitive	t= 0.699	199	0.485
WIPL	t= 0.89	201	0.375
SSS8	t= -0.364	154	0.716
<b>Secondary outcomes</b>			
PSS10	t= 0.702	189	0.483
SMBM Listlessness	t= -0.324	199	0.746
SMBM Tense	t= 0.464	199	0.643
DBAS	t= 1.056	203	0.292

\*45 % used medication.

<sup>#</sup> 1 never, 5 every day. The prevalence of using medication every week (4) or every day (5) were for sleep medication 6 %; central stimulants 0 %; sedatives 2 %; opioid analgesics 2 %; other pain killers 26 %.

<sup>^</sup>About one fifth (22 %) of the participants had clinical insomnia problems.

ISI- Insomnia Severity Index, 0-28 severe problems; KSQ - Karolinska Sleep Questionnaire, 1 always - 6 never; SMBQ - Shirom-Melamed Burnout, 1 almost never - 7 almost always; WIPL - Work Interference with Personal Life, 1 not at all - 5 almost all the time; SSS8 - Somatic Symptom Scale-8, 0-32 very high somatic symptom burden; PSS - Perceived Stress Scale, (0 never - 4 very often); DBAS - Dysfunctional Beliefs and Attitudes about Sleep, 0 do not agree - 10 do fully agree.