

Supplemental Table 1. Work style that participants reported during the screening and observational period (every workday).

	% (n)
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Work style that participants provided during screening (person: n = 98) <sup>a</sup>	
Working from the office every day	17.3 (17)
Working from the office more frequently than working from home	32.7 (32)
Working from home more frequently than working from office	28.6 (28)
Working from home every day	21.4 (21)
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Work style that participants provided on workdays during the observation period (person-day: n = 430) <sup>b</sup>	
I worked from home all day	50.9 (219)
I worked mostly from home but partially in the office	2.3 (10)
I worked mostly in the office but partially from home	2.6 (11)
I worked in the office all day	44.2 (190)
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Work style dichotomized into working mostly from home and office (person-day: n = 430) <sup>c</sup>	
Working mostly from office	53.3 (229)
Working mostly from home	46.7 (201)
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<sup>a</sup> These data were only used in screening the participants.

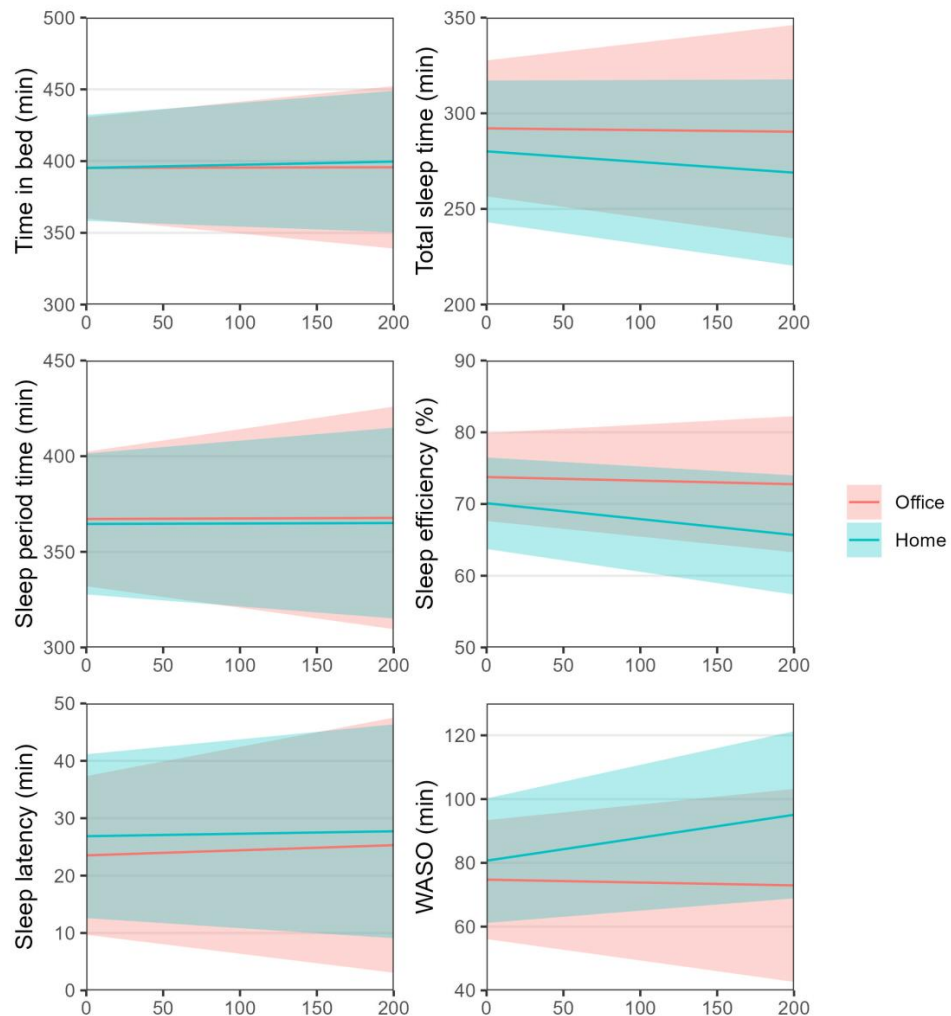
<sup>b</sup> These data were only used in dichotomizing two workstyles.

<sup>c</sup> These data were used in (generalized) linear mixed model all analysis.

Supplemental Table 2. Sensitivity analyses with adjustment for BMI, number of employees, marital status, number of people living together, smoking status, alcohol status, and occupation.

Effects of workstyle and WREC during nonwork hours on health variables of workers	
Fatigue	
Work style	$F(1.00, 146.98) = 0.01, p = 0.92$
WREC	$F(1.00, 132.11) = 5.11, p = 0.03$
Interaction	$F(1.00, 143.22) = 4.82, p = 0.03$
Depression	
Work style	$F(1.00, 146.62) = 0.71, p = 0.40$
WREC	$F(1.00, 135.03) = 3.28, p = 0.07$
Interaction	$F(1.00, 144.18) = 5.79, p = 0.02$
Psychological detachment	
Work style	$F(1.00, 123.96) = 0.06, p = 0.81$
WREC	$F(1.00, 139.55) = 4.25, p = 0.04$
Interaction	$F(1.00, 113.94) = 1.37, p = 0.24$
Lapse	
Work style	$\chi^2=11.51, df = 1.00, p < 0.01$
WREC	$\chi^2=7.34, df = 1.00, p = 0.01$
Interaction	$\chi^2=8.67, df = 1.00, p < 0.01$
Relationship between each method of electronic communication and health variables of workers	
Fatigue	
Telephone	Coefficient (95% CI) 0.184 (-0.035–0.395)
Mail	-0.030 (-0.183–0.102)
Application software with read receipts	0.034 (-0.146–0.244)
Application software without read receipts	-0.005 (-0.226–0.196)
Video communication	0.125 (0.008–0.235)*
Psychological detachment	
Telephone	-0.030 (-0.059–0.002)*
Mail	0.003 (-0.017–0.024)
Application software with read receipts	-0.012 (-0.038–0.017)
Application software without read receipts	-0.009 (-0.043–0.023)
Video communication	-0.013 (-0.028–0.003)
Lapse	
Telephone	-0.014 (-0.029–0.002)
Mail	-0.012 (-0.017–0.006)*
Application software with read receipts	0.010 (0.000–0.020)*
Application software without read receipts	0.000 (-0.014–0.015)
Video communication	-0.001 (-0.005–0.003)

Adjusted for sex (female or male), age, round-trip commute time, valence of WREC, BMI, number of employees (<20, 20–300, or ≥300), marital status (single or married), number of people living together (0 or ≥1), smoking status (smoker or nonsmoker), alcohol status (nonconsumption or ≥1/week), and occupation (managerial workers, profession/technical job, or others). \* indicated  $p < 0.05$ .



Work-related electronic communications during non-work hours (min)

Supplemental figure 1. Effects of work style (working from home and office) and WREC during nonwork hours on sleep variables (TIB, sleep efficiency, sleep latency, and WASO) adjusted for sex, age, round-trip commute time, and valence to WREC.