

Table 1. Demographic characteristics

	Intervention				Control			
	N	%	Mean	SD	N	%	Mean	SD
Sex								
Women	4	31%			2	15%		
Men	9	69%			11	85%		
Age			40.5	12.8			44.8	11.5
通勤時間(minutes)			43.8	25.4			50.8	27.6
過去1か月の残業時間(hour)			15.5	12.4			15.2	13.4
6ヶ月平均残業時間(hour)			9.6	6.6			13.0	12.2

Table 2.

Outcome	T1				T2			
	Intervention		Control		Intervention		Control	
	Mean	SD	Mean	SD	Mean	SD	Mean	SD
PSQI	7.7	1.8	7.9	2.8	5.2	1.0	6.5	2.4
ESS	5.5	3.0	5.5	1.6	4.8	3.3	5.6	3.0
WFun	18.1	4.8	13.5	5.0	14.0	5.1	13.7	4.9
UWES	25.7	8.2	25.6	6.4	26.5	6.3	24.6	8.0
SL	17.2	16.7	18.8	12.4	24.4	22.9	18.7	18.6
SE	84.6	8.2	83.3	6.4	83.4	7.5	85.3	6.6
中途覚醒覚醒指数	12.2	7.3	12.8	5.3	12.9	6.8	11.1	5.0
SPTのδ/パワー値/1分あたり	1450.3	866.4	1000.4	386.0	1250.0	639.8	1063.5	534.7

PSQI: Pittsburgh Sleep Quality Index  
ESS: Epworth Sleepiness Scale  
WFun: Work functioning questionnaire  
UWES: Utrecht Work Engagement Scale  
SL: Sleep latency  
SE: Sleep efficiency