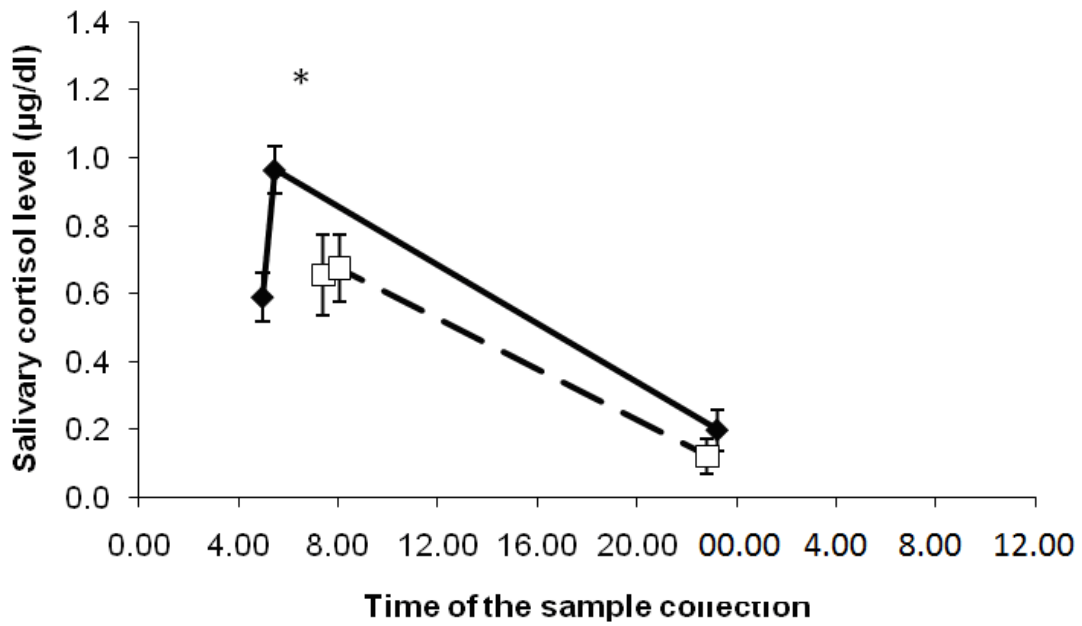


A)



B)

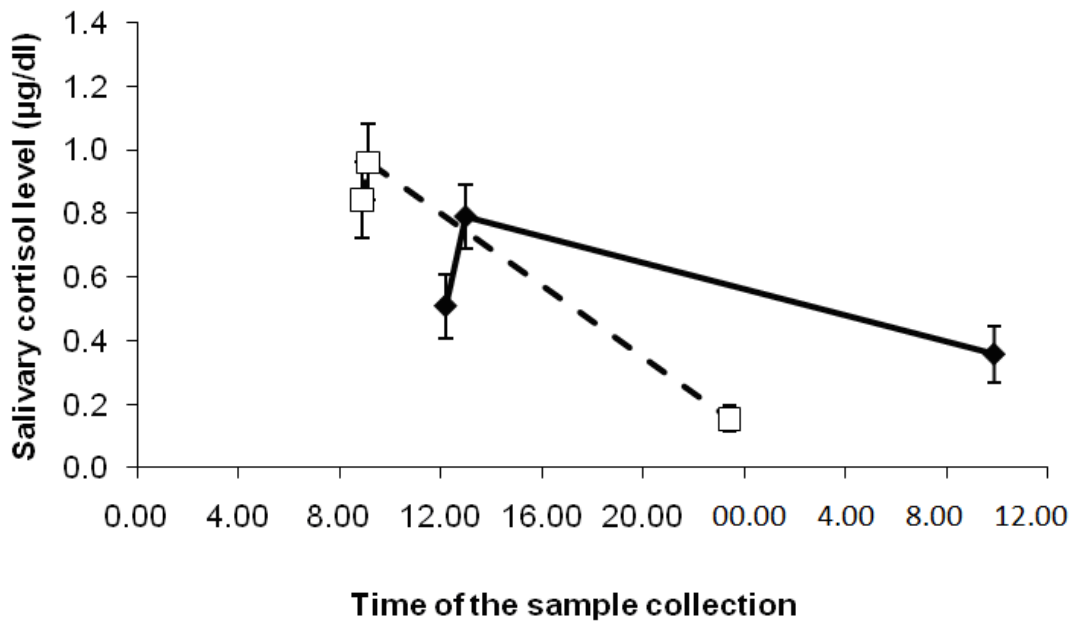


Figure 1. Salivary cortisol levels (mean \pm SEM) according to the average time of sample collection in (A) day shift workers and (B) irregular shift workers. Samples were collected upon waking, 30 minutes after waking and at bedtime during a work day (solid line, closed diamonds) and during a day off (dashed line, open squares).

* $p < 0.05$, compared to 30 minutes after waking on days off (paired Student's t -test)

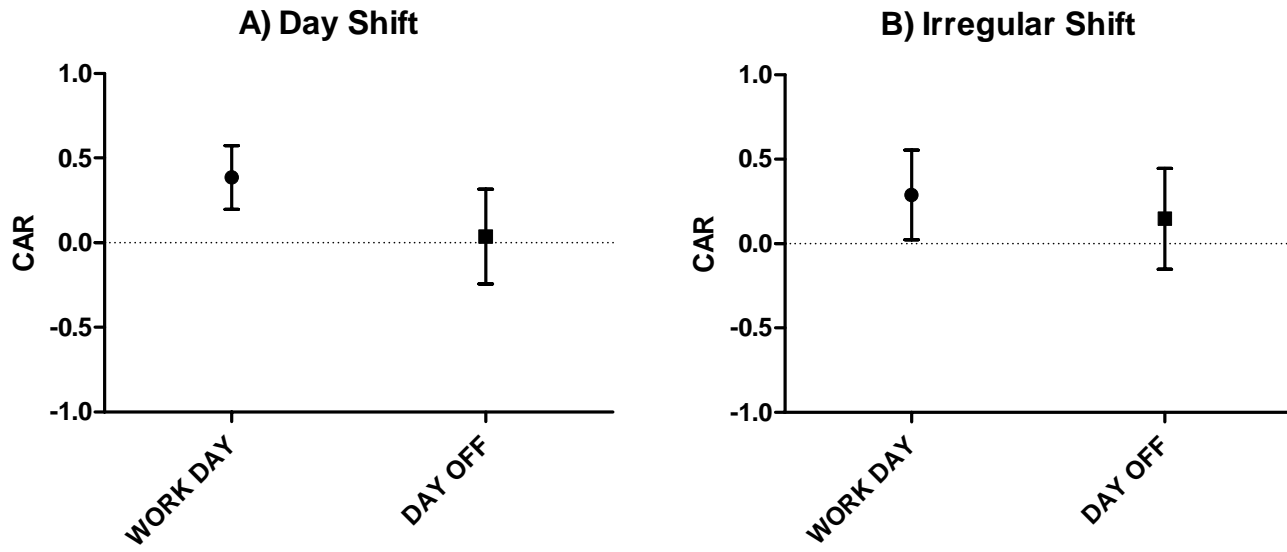


Figure 2. Plots of mean cortisol awakening response (CAR mean and 95% CI) in (A) day shift workers and (B) irregular shift workers, during work days and days off.

* $p < 0.05$ compared to work day (paired Student's t-test)