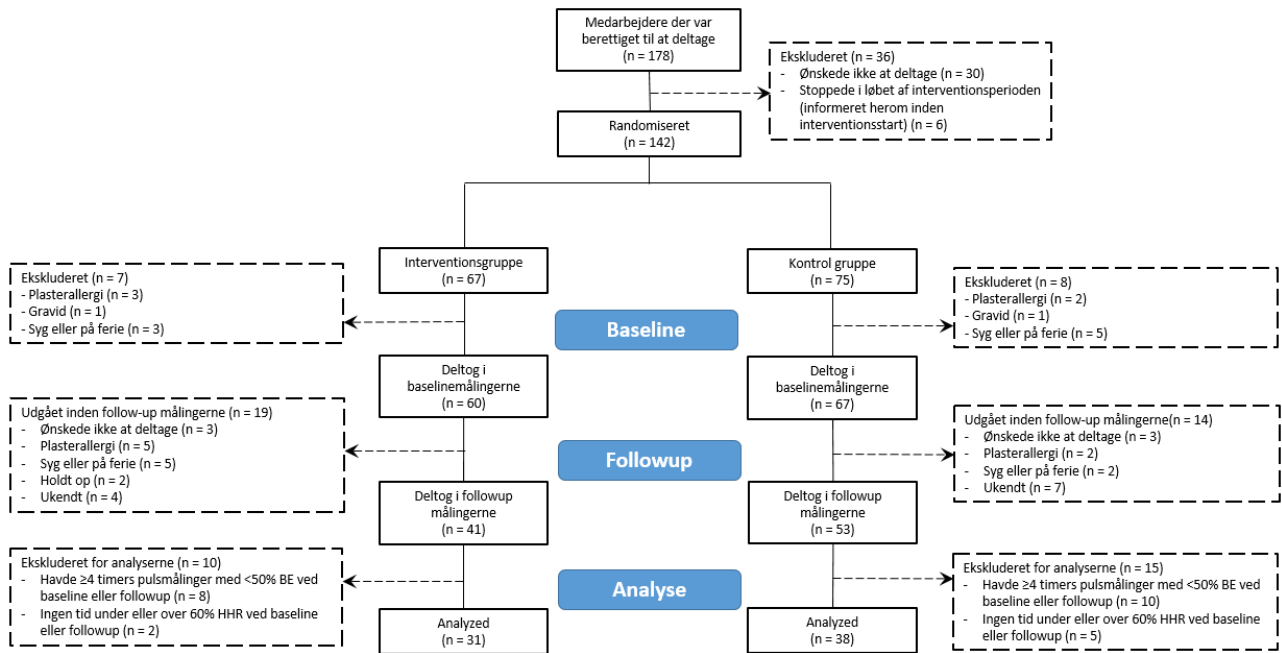


Patient flow



Baseline characteristics

	Total (N = 142)		Intervention (N = 31)		Control (N = 38)	
	N (%)	Mean (SD)	N (%)	Mean (SD)	N (%)	Mean (SD)
Gender						
Female	99 (69.7)		23 (74.2)		27 (71.1)	
Male	43 (30.3)		8 (25.8)		11 (28.9)	
<i>Missing</i>	0 (0.0)		0 (0.0)		0 (0.0)	
Age (years)		40.9 (12.6)		43.4 (11.3)		39.6 (13.4)
<i>Missing</i>	0 (0.0)		0 (0.0)		0 (0.0)	
Ethnicity						
Born in Denmark	122 (85.9)		28 (90.3)		32 (84.2)	
Born outside Denmark	14 (9.9)		3 (9.7)		4 (10.5)	
<i>Missing</i>	6 (4.2)		0 (0.0)		2 (5.3)	
Job title						
Childcare worker	80 (56.3)		20 (64.5)		22 (55.3)	
Childcare assistant	47 (33.1)		10 (32.3)		14 (36.8)	
Other	8 (5.6)		1 (3.2)		1 (2.6)	
<i>Missing</i>	7 (5.0)		0 (0.0)		1 (5.3)	
Seniority at current workplace						
<3 months	12 (8.5)		2 (6.5)		6 (15.8)	
3 months - <1year	25 (17.6)		4 (12.9)		8 (21.1)	
1 year - <3 years	28 (19.7)		7 (22.6)		5 (13.2)	
3 years - <5years	16 (11.3)		4 (12.9)		2 (5.3)	
5 years - <10years	25 (17.6)		7 (22.6)		10 (26.3)	
≥10 years	29 (20.4)		7 (22.6)		5 (13.2)	
<i>Missing</i>	7 (4.9)		0 (0.0)		2 (5.3)	
Self-reported time in main occupation (hours/week)		34.3 (4.1)		35.0 (3.3)		34.4 (4.3)
<i>Missing</i>	8 (5.6)		0 (0.0)		2 (5.3)	
Smoking						
Yes	33 (23.2)		9 (29.0)		10 (26.3)	
No	99 (69.7)		22 (71.0)		26 (68.4)	
<i>Missing</i>	10 (7.1)		0 (0.0)		2 (5.3)	
BMI (kg/m²)						
Underweight	2 (1.4)		0 (0.0)		0 (0.0)	
Normal weight	68 (47.9)		14 (45.2)		21 (55.3)	
Overweight/obese	69 (48.6)		17 (54.8)		17 (44.7)	
<i>Missing</i>	3 (2.1)		0 (0.0)		0 (0.0)	
Blood pressure (mmHg)						
Normal	75 (52.8)		18 (58.1)		18 (47.4)	
Elevated	36 (25.4)		6 (19.4)		11 (28.9)	
Hypertension	29 (20.4)		7 (22.6)		9 (23.7)	
<i>Missing</i>	2 (1.4)		0 (0.0)		0 (0.0)	

Outcome measures

Variable	Time	Intervention group		Control group		Estimated treatment effect		
		N	Mean (SD)	N	Mean (SD)	Mean	95% CI	P-value
Primary outcome								
Heart rate (hours/day)								
< 60%HRR	Baseline	31	6.08 (0.89)	38	6.49 (1.10)			
	Follow-up	31	6.17 (1.02)	38	6.31 (0.85)			
≥ 60%HRR	Baseline	31	0.08 (0.15)	38	0.02 (0.04)			
	Follow-up	31	0.07 (0.13)	38	0.03 (0.05)			
IIR ₁ < 60%HRR vs. ≥ 60%HRR						-0.36	-1.10-0.37	0.34
Secondary outcomes								
Physical behaviors (hours/day)								
Non active	Baseline	42	5.37 (0.75)	56	5.70 (0.65)			
	Follow-up	42	5.41 (0.84)	56	5.54 (0.63)			
Active	Baseline	42	1.11 (0.30)	56	1.23 (0.36)			
	Follow-up	42	1.20 (0.31)	56	1.28 (0.38)			
IIR ₂ , active vs. non active						0.01	-0.05-0.06	0.25
Heart rate during sleep (beats/minute)								
	Baseline	33	48.2 (7.2)	44	48.0 (6.2)			
	Follow-up	33	47.6 (8.3)	44	47.9 (6.8)	0.51	-1.51-2.55	0.63
Pain (0-10)								
	Baseline	45	3.7 (3.0)	58	2.7 (2.3)			
	Follow-up	45	3.6 (2.9)	58	3.0 (2.3)	-0.28	-1.02-0.46	0.47
Physical exhaustion (0-10)								
	Baseline	46	3.9 (2.3)	58	4.1 (2.0)			
	Follow-up	46	3.5 (2.4)	58	3.9 (2.2)	-0.17	-0.97-0.65	0.69
Energy at work (0-10)								
	Baseline	46	6.9 (1.7)	58	7.5 (1.3)			
	Follow-up	46	7.4 (1.6)	58	7.2 (1.5)	0.65	0.08-1.21	0.03
Need for recovery (1-5)								
	Baseline	44	3.3 (0.8)	58	3.1 (0.7)			
	Follow-up	44	3.2 (0.9)	58	3.3 (0.8)	-0.32	-0.54- -0.09	0.01
Work productivity (0-10)								
	Baseline	45	7.3 (1.5)	58	7.3 (1.4)			
	Follow-up	45	7.7 (1.3)	58	7.3 (1.3)	0.27	-0.31-0.85	0.36

Participation in visits and time played Goldilocks-games

Intervention activities	Dose delivered		Dose received		
	Planned (N)	Delivered (%)	N (%)	Mean	25th percentile 75th percentile
<i>Start-up meeting</i>	16	100	N/A		
<i>Visits</i>					
Visit 1	21	100	25 (80.6)		
Visit 2	21	100	24 (77.4)		
Visit 3	21	100	21 (67.7)		
<i>Goldilocks-games (n = 26)</i>					
Time/week				3.1	2 4
Minutes/week				112.2	30 120