Expressed an interest
(n=104)

Sent information
(n=104)

No response (n=40)
Declined to
participate (n=3)

Screened for
eligibility (n=63)

Incompatible* (n=21)
Not eligible (n=10)

Consented
(n=30)

Withdrawn (n=2)

Randomized
(n=28)

Withdrew (n=3)

Completed both
arms (n=25)

Melatonin first
(n=12)

Placebo first
(n=13)

Participant flow

Baseline characteristics

Sequence	Age (years)	Sex	BMI (Kg/M$^{2)}$)	CSM score	Weeks between shift series
Placebo first (n= 12)	28 [26-37]	3 M / 9 F	24.0 [21.7-26.4]	30.5 [27.4-38.6]	6.9 [5.5-8.0]
Melatonin first (n= 13)	27 [25-33]	5 M / 8 F	23.0 [21.3-25.3]	41.0 [29.7-46.3]	7.1 [5.8-10.1]

Data are median [IQR].

BMI = body mass index
CSM = composite scale of morningness

This was a feasibility trial defined as recruitment, randomisation and protocol completion of 25 individuals i.e., both arms of the crossover design. This was completed. Five subjects withdrew, 2 after consent but before randomisation and 3 after randomisation. There were no serious adverse events.