

**Supplementary Table S1.** Selected cardiovascular variables among shift workers at the two plants over the last year of follow-up.

Outcome	Nobs- Plant A	Npers- Plant A	Change -Plant A	Lower- Plant A	Upper- Plant A	Nobs- Plant B	Npers- Plant B	Change -Plant B	Lower- Plant B	Upper- Plant B	Diff- Change	Lower- Change	Upper- Change	p- Value
sBP (mmHg)	62	36	2.97	-9.21	15.16	47	26	8.25	-4.02	20.52	5.28	-0.61	11.16	0.08
dBp (mmHg)	62	36	1.22	-7.93	10.37	47	26	3.00	-6.29	12.30	1.78	-2.64	6.21	0.43
AP (mmHg)	62	36	-1.80	-10.10	6.51	47	26	0.10	-8.38	8.58	1.90	-2.11	5.90	0.35
cPP (mmHg)	62	36	0.06	-8.14	8.26	47	26	2.91	-5.47	11.28	2.85	-1.12	6.82	0.16
cSP (mmHg)	62	36	3.37	-9.63	16.38	47	26	5.10	-8.13	18.33	1.73	-4.56	8.02	0.60
cDP (mmHg)	62	36	3.65	-4.66	11.97	47	26	2.76	-5.66	11.18	-0.89	-4.91	3.13	0.66
PWV (m/s)	61	35	0.03	-0.99	1.05	47	26	0.09	-0.93	1.11	0.06	-0.43	0.55	0.81

Nobs/Npers: total number of measurements and individuals during follow-up. All analyses were adjusted for physical activity with a high degree of intensity (min/week), being a daily smoker, pack-years, age at baseline, and sex; sBP, systolic blood pressure; dBp, diastolic blood pressure; AP, augmentation pressure; cPP, central pulse pressure; cSP, central systolic aorta pressure; cDP, central diastolic aorta pressure; PWV, pulse wave velocity.

**Supplementary Table S2.** Annual change in selected variables in shift workers comparing the new 12-shift schedule with the ordinary 5-shift schedule. All available measurements from both plants are utilised in the analysis.

Outcome	12-Shift vs. 5-Shift in Annual Change	Lower	Upper	p-Value	p-Corr
sBP (mm Hg)	5.39	-1.49	12.26	0.12	0.50
dBp (mmHg)	27.5	-0.92	6.43	0.14	0.50
AP (mmHg)	-0.54	-3.14	2.05	0.68	0.82
cPP (mmHg)	1.01	-2.37	4.39	0.56	0.82
cSP (mmHg)	1.10	-4.51	6.71	0.70	0.82
cDP (mmHg)	0.09	-3.86	4.05	0.96	0.96
PWV (m/s)	-0.26	-0.81	0.30	0.37	0.82

sBP, systolic blood pressure; dBp, diastolic blood pressure; AP, augmentation pressure; cPP, central pulse pressure; cSP, central systolic aorta pressure; cDP, central diastolic aorta pressure; PWV, pulse wave velocity.