

Online Appendix 1: Consistency in answers to retrospective questions on working times, mental health, and physical health between T1 and T2 by socio-demographic characteristics (margins and 95% confidence intervals)

	evening work	night work	mental health 1	mental health 2	physical health
Female: No	0.725*** [0.674,0.776]	0.890*** [0.856,0.924]	0.555*** [0.503,0.606]	0.593*** [0.542,0.644]	0.629*** [0.580,0.678]
Female: Yes	0.790*** [0.764,0.817]	0.895*** [0.875,0.914]	0.562*** [0.532,0.591]	0.553*** [0.523,0.582]	0.621*** [0.593,0.649]
Parent: No	0.774*** [0.750,0.799]	0.891*** [0.874,0.909]	0.565*** [0.539,0.591]	0.567*** [0.541,0.593]	0.622*** [0.597,0.647]
Parent: Yes	0.779*** [0.681,0.878]	0.934*** [0.874,0.995]	0.471*** [0.355,0.586]	0.482*** [0.367,0.598]	0.636*** [0.529,0.742]
Uni. degree: No	0.793*** [0.738,0.848]	0.886*** [0.844,0.928]	0.525*** [0.469,0.581]	0.500*** [0.444,0.555]	0.640*** [0.589,0.692]
Uni. degree: Yes	0.770*** [0.743,0.796]	0.895*** [0.876,0.913]	0.570*** [0.541,0.599]	0.581*** [0.552,0.610]	0.617*** [0.590,0.645]
Townsize < 50000	0.766*** [0.718,0.814]	0.922*** [0.893,0.952]	0.557*** [0.506,0.607]	0.561*** [0.511,0.611]	0.619*** [0.571,0.666]
Townsize > 50000	0.777*** [0.749,0.806]	0.881*** [0.860,0.903]	0.561*** [0.530,0.592]	0.563*** [0.533,0.594]	0.624*** [0.595,0.654]
Berlin	0.783*** [0.728,0.838]	0.889*** [0.851,0.927]	0.553*** [0.493,0.613]	0.551*** [0.492,0.611]	0.644*** [0.589,0.700]
North	0.756*** [0.699,0.813]	0.898*** [0.861,0.936]	0.523*** [0.462,0.583]	0.540*** [0.480,0.600]	0.604*** [0.547,0.661]
West	0.793*** [0.747,0.839]	0.909*** [0.876,0.943]	0.557*** [0.506,0.608]	0.548*** [0.497,0.599]	0.596*** [0.547,0.646]
South	0.784*** [0.735,0.832]	0.874*** [0.835,0.912]	0.607*** [0.554,0.660]	0.624*** [0.572,0.676]	0.643*** [0.593,0.693]
East	0.728*** [0.657,0.799]	0.897*** [0.849,0.945]	0.544*** [0.474,0.614]	0.535*** [0.465,0.605]	0.628*** [0.562,0.694]
18-25	0.801*** [0.650,0.952]	0.898*** [0.779,1.016]	0.605*** [0.468,0.742]	0.561*** [0.423,0.699]	0.624*** [0.492,0.756]
26-35	0.775*** [0.729,0.821]	0.897*** [0.865,0.928]	0.561*** [0.512,0.610]	0.528*** [0.479,0.577]	0.623*** [0.577,0.670]
36-45	0.764*** [0.727,0.800]	0.904*** [0.879,0.929]	0.552*** [0.512,0.592]	0.575*** [0.535,0.615]	0.631*** [0.594,0.669]
46-55	0.790*** [0.737,0.842]	0.858*** [0.813,0.903]	0.549*** [0.488,0.610]	0.586*** [0.526,0.646]	0.601*** [0.543,0.660]
56-65	0.782*** [0.698,0.866]	0.907*** [0.849,0.965]	0.573*** [0.484,0.662]	0.555*** [0.466,0.645]	0.610*** [0.523,0.696]
66+			0.661*** [0.495,0.828]	0.610*** [0.442,0.777]	0.673*** [0.510,0.837]
<i>N</i>	1130	1126	1427	1416	1429

95% confidence intervals in brackets

Pseudo-R<sup>2</sup> from the multinomial logistic regressions that these predictive margins are based on are 0.06 for evening work, 0.15 for night work, 0.03 for mental health 1, 0.04 for mental health 2, 0.09 for physical health.

Results from multinomial logistic regression models that additionally included the following covariates: surveyday, changes in status quo.

\*  $p < 0.05$ , \*\*  $p < 0.01$ , \*\*\*  $p < 0.001$