

**Supplementary Table 1.** Partial correlation coefficient by controlling sex, age, type of professional practice, length of night working hours per day in month

Control variables	Correlations (r)					
	Self-rated health	WHO well-being	Optimism	Sleep health	Sleep circadian regularity	Sleep continuity
Self-rated health	1.000	0.280**	0.151**	0.105**	0.152**	0.055
WHO well-being	0.280**	1.000	0.182**	0.255**	0.232**	0.134**
Optimism	0.151**	0.182**	1.000	0.024	0.022	-0.079*
Sleep health	0.105**	0.255**	0.024	1.000	0.435**	0.252**
Sleep circadian regularity	0.152**	0.232**	0.022	0.435**	1.000	0.592**
Sleep continuity	0.055	0.134**	-0.079*	0.252**	0.592**	1.000

\*p < 0.05; \*\*p < 0.01.