# Additional File 4: Stratified Results

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Figure set 15: Less than 3 days a week of at least 30min exercise	32 34 37 40
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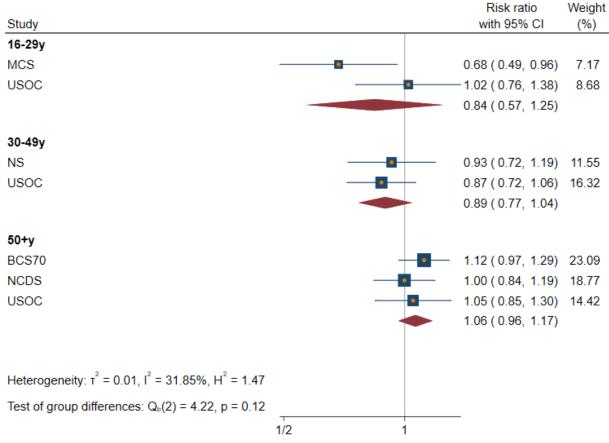
### Results stratified by Sex

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Notes: Moderation by age, education, and sex was assessed with stratified regressions using "full" adjustment that includes socio-demographic characteristics as well as pre-pandemic measures of psychological distress, self-rated health, and health behaviours

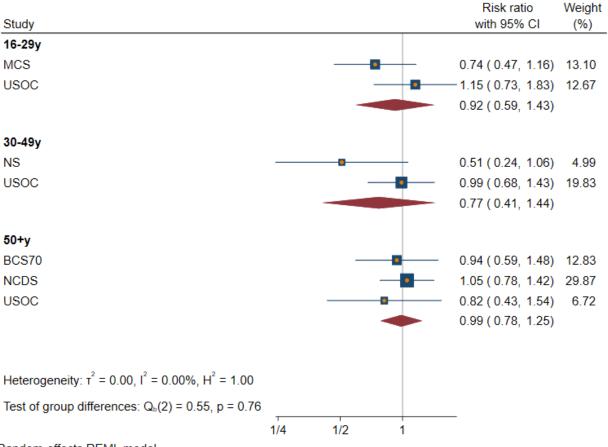
Figure set 1: Currently eats 2 or fewer fruit & veg

Currently eats 2 or fewer fruit & veg Furloughed vs. Stable employed

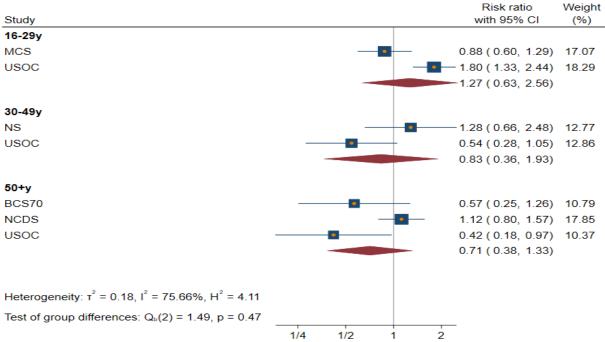


Random-effects REML model

Currently eats 2 or fewer fruit & veg No longer employed vs. Stable employed

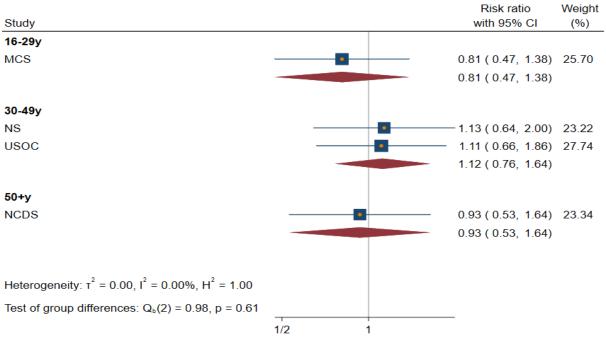


#### Currently eats 2 or fewer fruit & veg Stable unemployed vs. Stable employed



Random-effects REML model

#### Currently eats 2 or fewer fruit & veg Became employed vs. Stable employed



Random-effects REML model

#### Currently eats 2 or fewer fruit & veg Stable non-employed vs. Stable employed

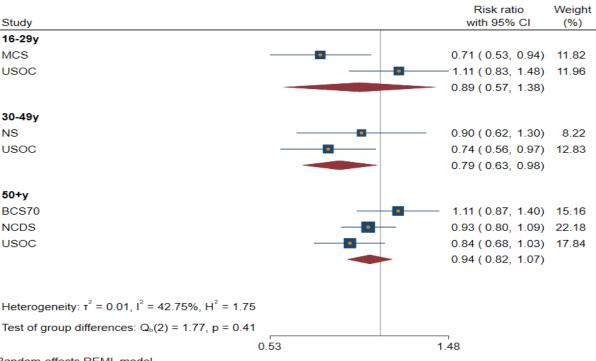
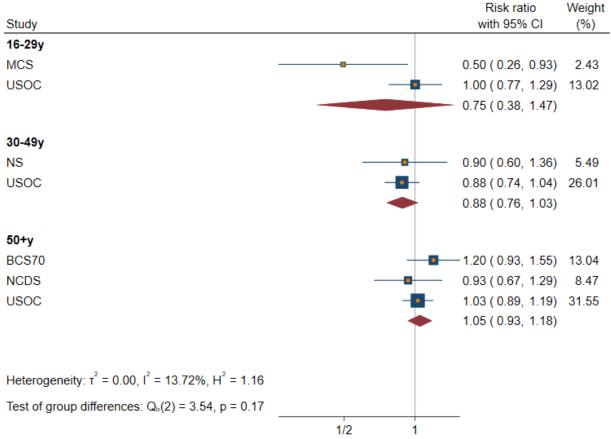


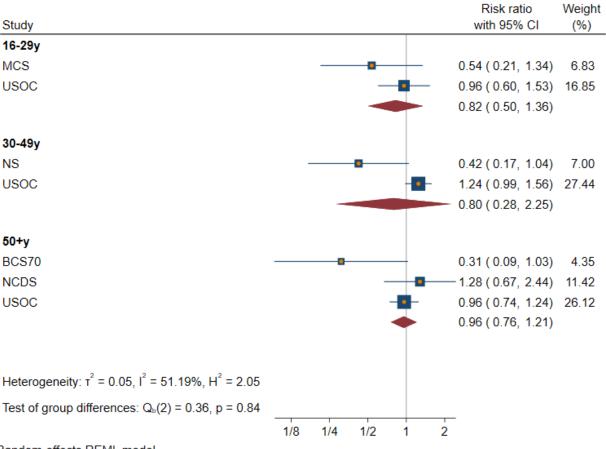
Figure set 2: Fewer fruit & veg

Fewer fruit and veg Furloughed vs. Stable employed

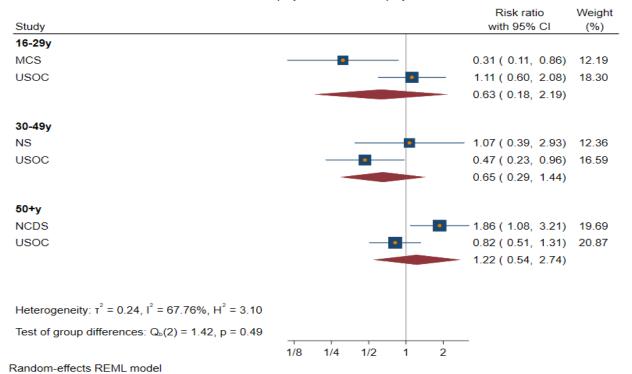


Random-effects REML model

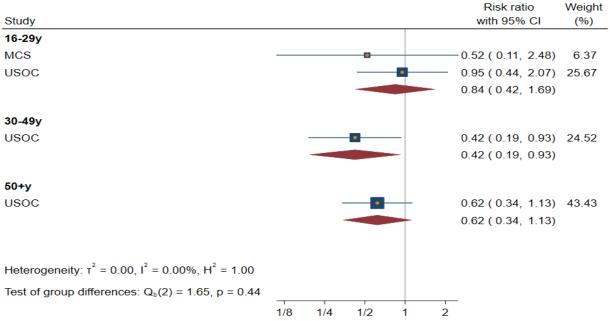
Fewer fruit and veg No longer employed vs. Stable employed



## Fewer fruit and veg Stable unemployed vs. Stable employed



Fewer fruit and veg Became employed vs. Stable employed



Fewer fruit and veg Stable non-employed vs. Stable employed

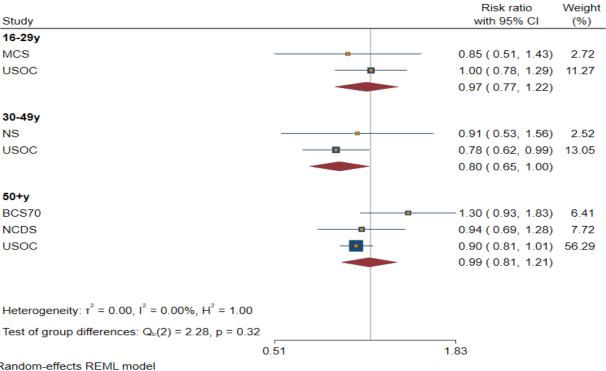
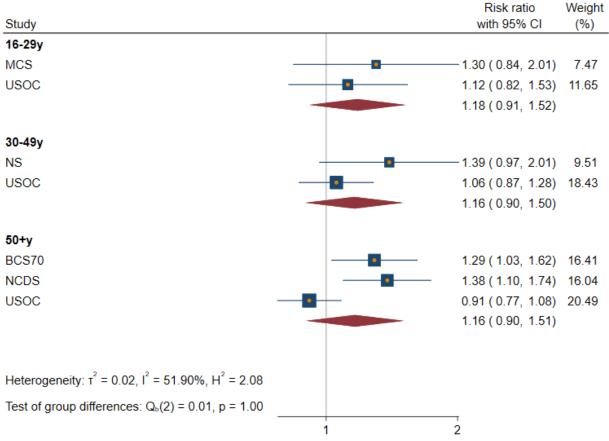


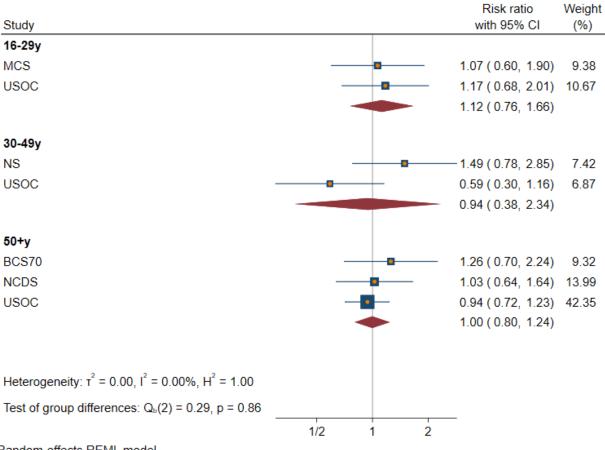
Figure set 3: More fruit & veg

More fruit and veg Furloughed vs. Stable employed

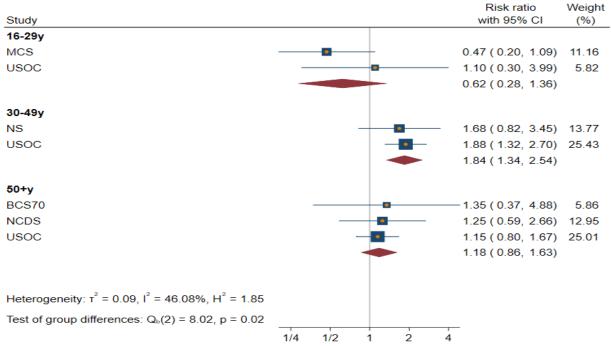


Random-effects REML model

More fruit and veg No longer employed vs. Stable employed

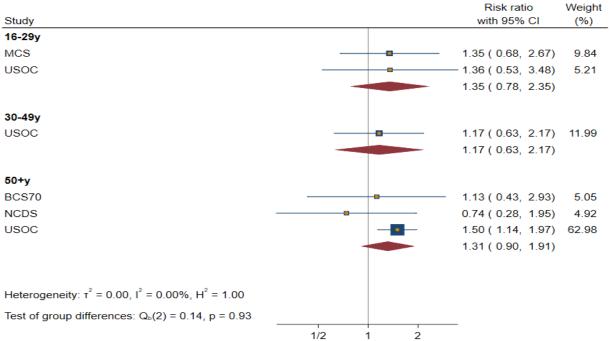


### More fruit and veg Stable unemployed vs. Stable employed



Random-effects REML model

More fruit and veg Became employed vs. Stable employed



Random-effects REML model

More fruit and veg Stable non-employed vs. Stable employed

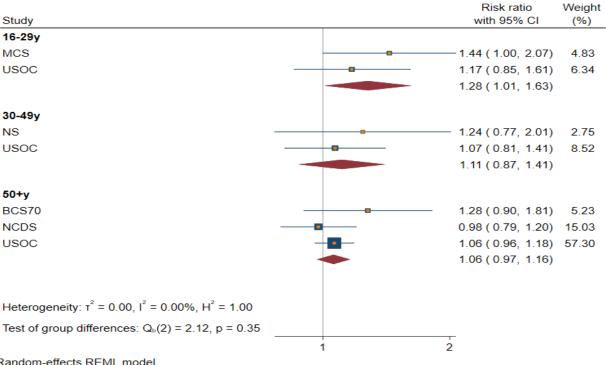
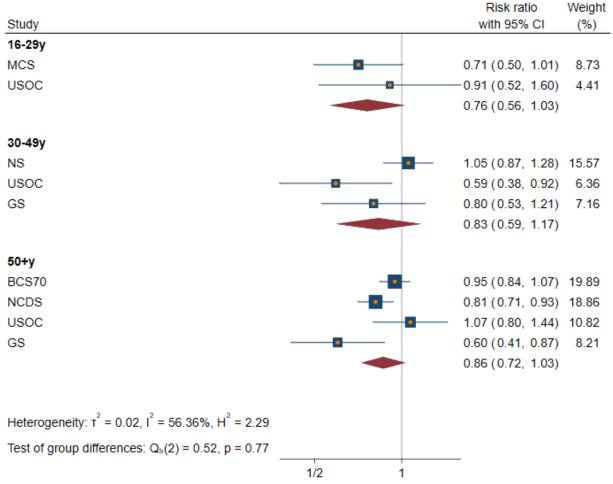


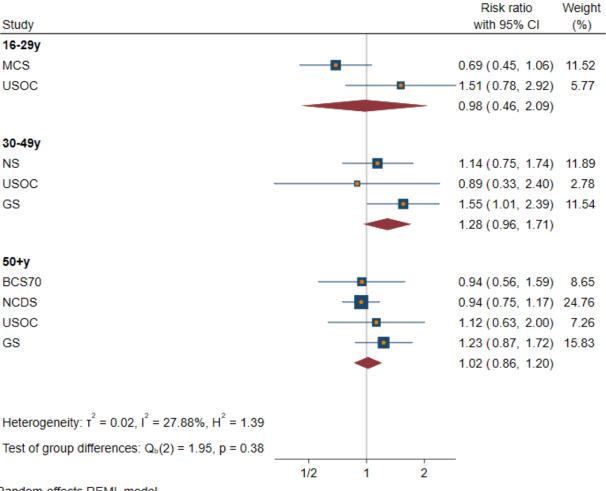
Figure set 4: Less than 3 days a week of at least 30min exercise

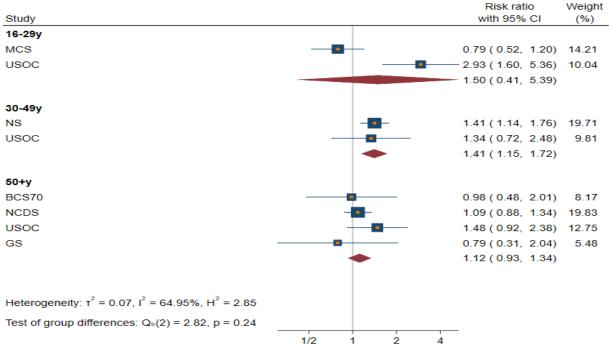
# Less than 3 days a week of at least 30min exercise Furloughed vs. Stable employed



Random-effects REML model

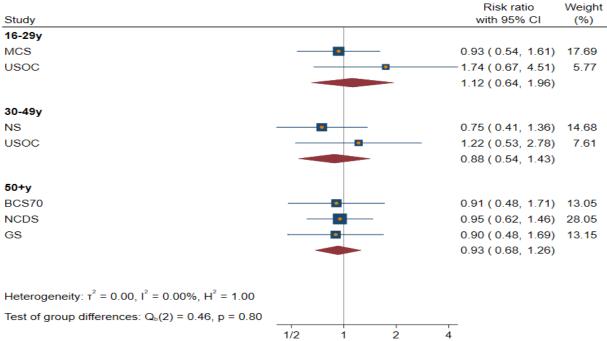
#### Less than 3 days a week of at least 30min exercise No longer employed vs. Stable employed





Random-effects REML model

Less than 3 days a week of at least 30min exercise Became employed vs. Stable employed



Less than 3 days a week of at least 30min exercise Stable non-employed vs. Stable employed

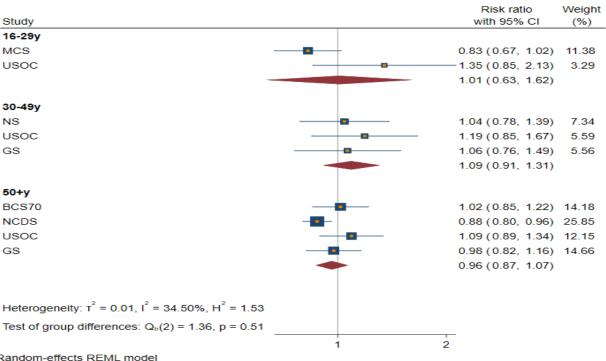
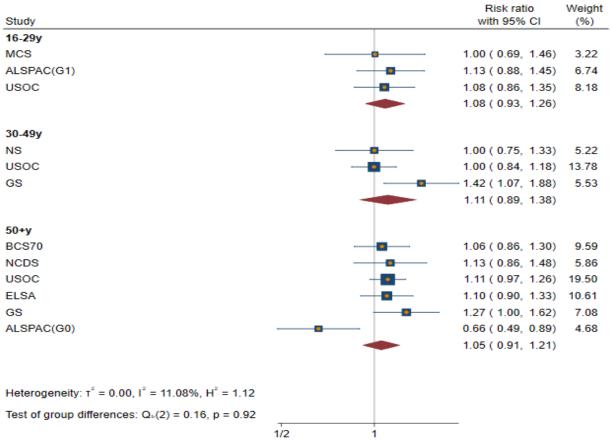


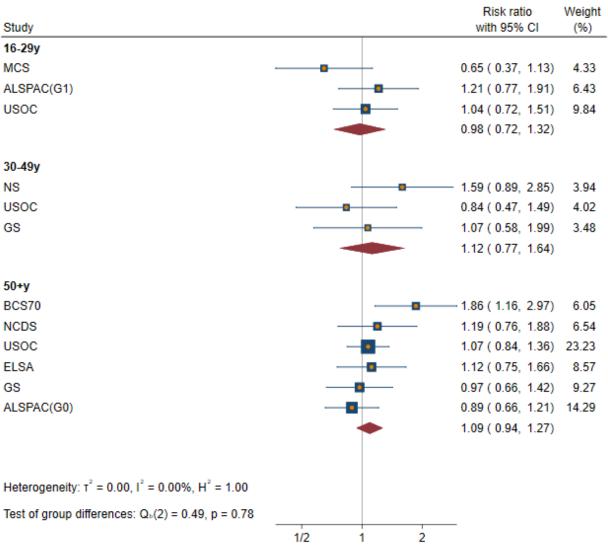
Figure set 5: Less time/ fewer days of physical exercise

Less time/Fewer days of physical exercise Furloughed vs. Stable employed

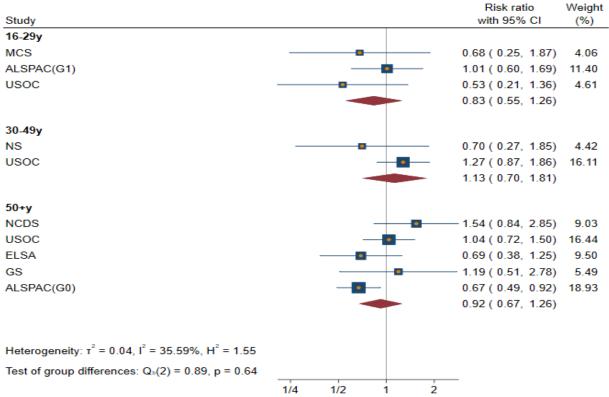


Random-effects REML model

Less time/Fewer days of physical exercise No longer employed vs. Stable employed

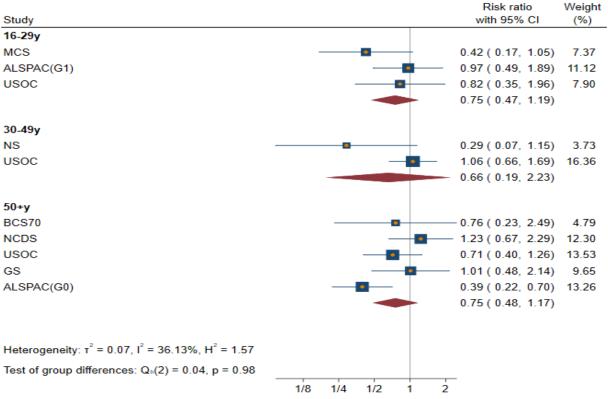


### Less time/Fewer days of physical exercise Stable unemployed vs. Stable employed



#### Random-effects REML model

### Less time/Fewer days of physical exercise Became employed vs. Stable employed



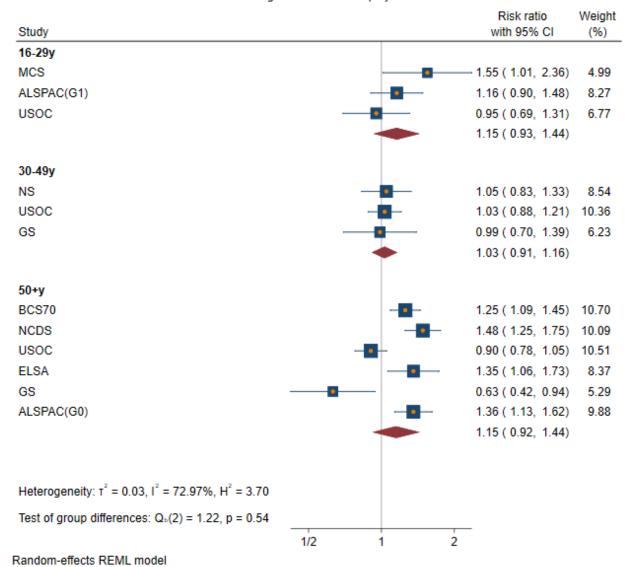
#### Random-effects REML model

### Less time/Fewer days of physical exercise

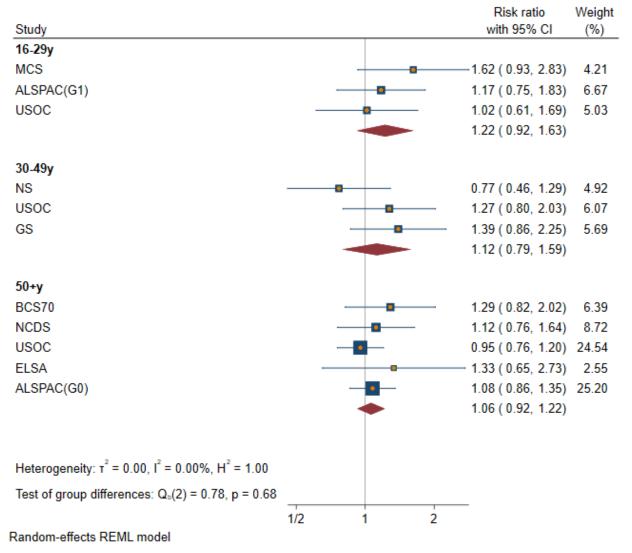
Stable non-	employed vs. Stable employed	1	
Study		Risk ratio with 95% CI	Weight (%)
16-29y			
MCS		0.81 ( 0.61, 1.09)	6.41
ALSPAC(G1)		1.17 ( 0.71, 1.94)	2.59
USOC		1.05 ( 0.82, 1.36)	7.68
		0.97 ( 0.79, 1.19)	
30-49y			
NS	-	- 0.95 ( 0.60, 1.51)	2.99
USOC		0.95 ( 0.74, 1.22)	7.91
GS	-	1.18 ( 0.85, 1.65)	5.18
		1.01 ( 0.84, 1.22)	
50+y			
BCS70	-	— 1.11 ( 0.79, 1.56)	4.97
NCDS	<del></del>	0.99 ( 0.81, 1.21)	10.42
USOC		0.87 ( 0.78, 0.98)	16.61
ELSA		1.03 ( 0.87, 1.21)	12.80
GS		0.75 ( 0.63, 0.89)	12.04
ALSPAC(G0)		1.08 ( 0.89, 1.32)	10.39
		0.94 ( 0.84, 1.06)	
Heterogeneity: $\tau^2 = 0.01$ , $I^2 = 39.11\%$ , $H^2 = 1.64$			
Test of group differences: $Q_b(2) = 0.43$ , $p = 0.81$			
	0.60	1.94	
Random-effects REML model			

Figure set 6: More time/ days of physical exercise

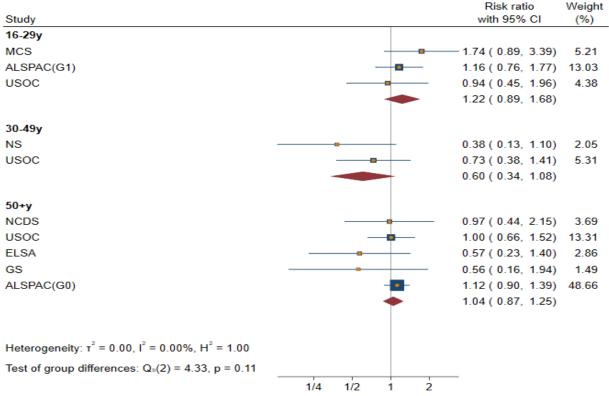
More time/days of physical exercise Furloughed vs. Stable employed



#### More time/days of physical exercise No longer employed vs. Stable employed

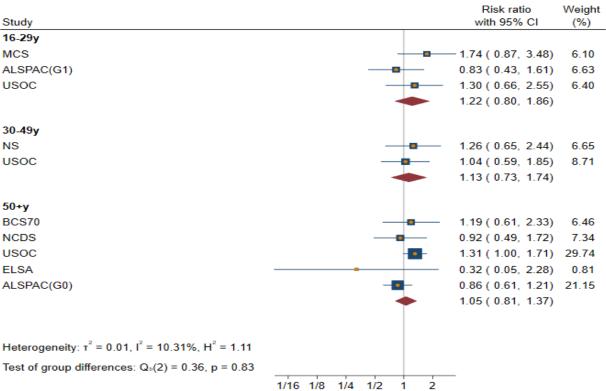


### More time/days of physical exercise Stable unemployed vs. Stable employed



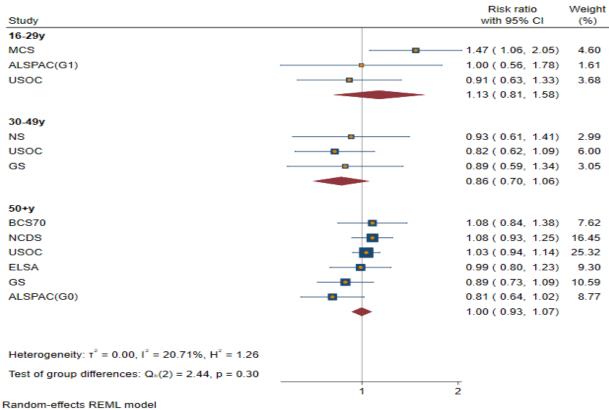
Random-effects REML model

### More time/days of physical exercise Became employed vs. Stable employed



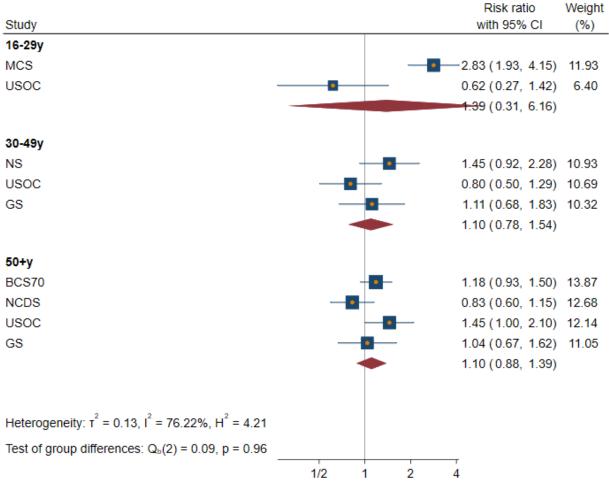
Random-effects REML model

### More time/days of physical exercise Stable non-employed vs. Stable employed



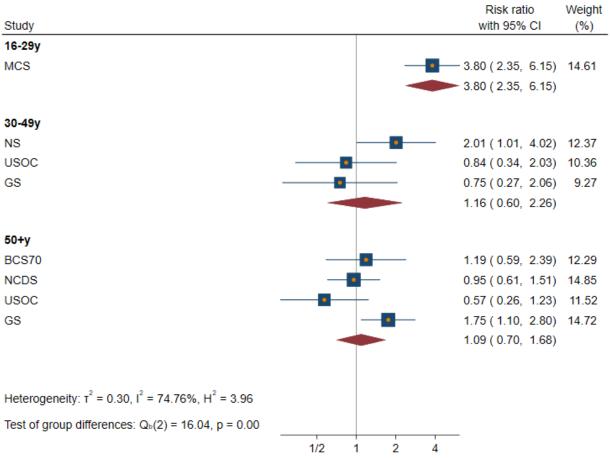
### Figure set 7: Sleeps outside 'Normal Range' (i.e. <6 or 9+ hours)

#### Sleeps outside 'Normal Range' (i.e. <6 or 9+ hours) Furloughed vs. Stable employed

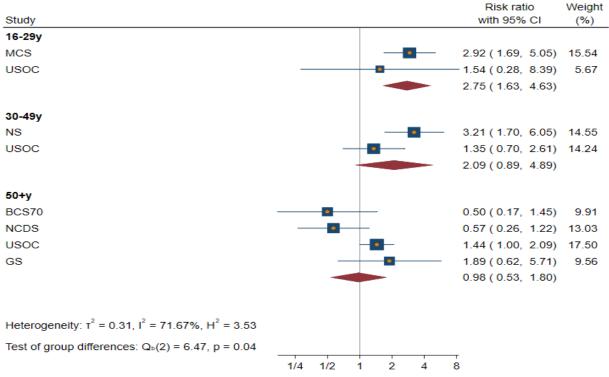


Random-effects REML model

#### Sleeps outside 'Normal Range' (i.e. <6 or 9+ hours) No longer employed vs. Stable employed

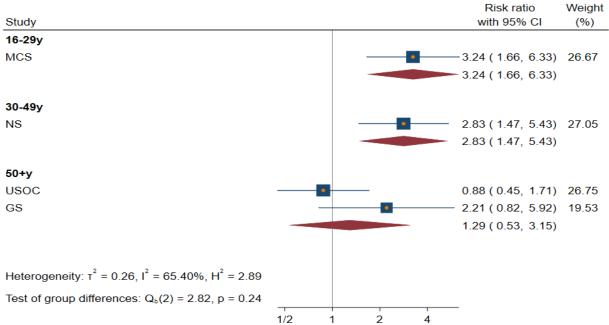


## Sleeps outside 'Normal Range' (i.e. <6 or 9+ hours) Stable unemployed vs. Stable employed



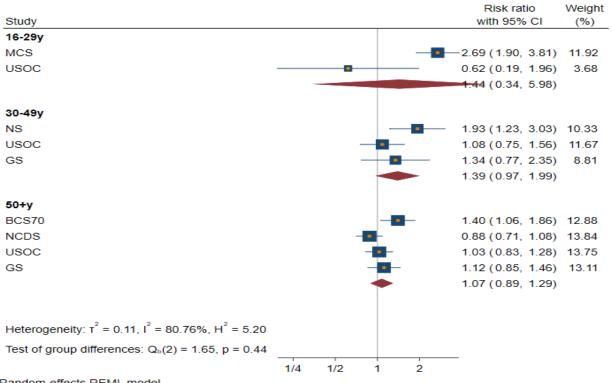
Random-effects REML model

## Sleeps outside 'Normal Range' (i.e. <6 or 9+ hours) Became employed vs. Stable employed



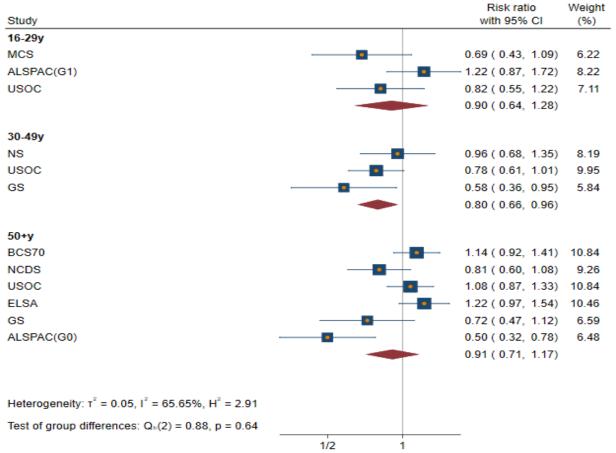
Random-effects REML model

## Sleeps outside 'Normal Range' (i.e. <6 or 9+ hours) Stable non-employed vs. Stable employed



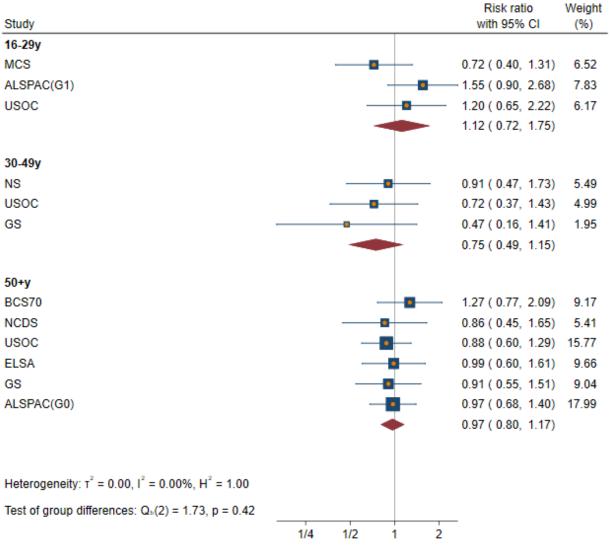
### Figure set 8: Sleeps less than before

#### Sleep less than before Furloughed vs. Stable employed

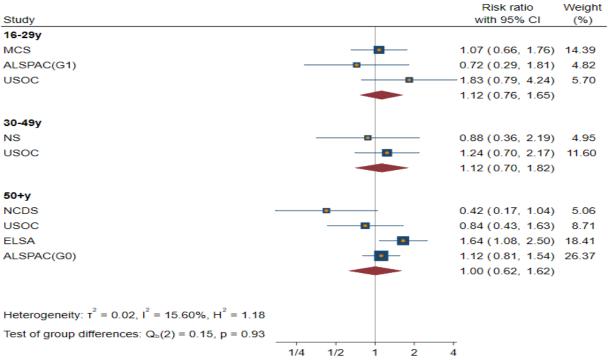


Random-effects REML model

#### Sleep less than before No longer employed vs. Stable employed

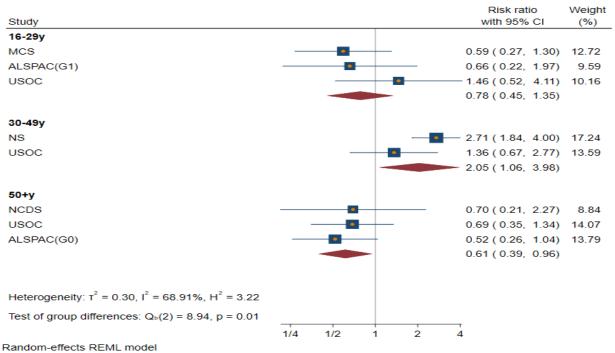


#### Sleep less than before Stable unemployed vs. Stable employed

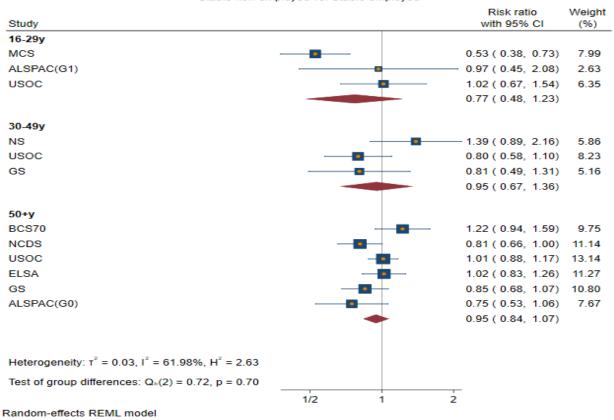


#### Random-effects REML model

#### Sleep less than before Became employed vs. Stable employed

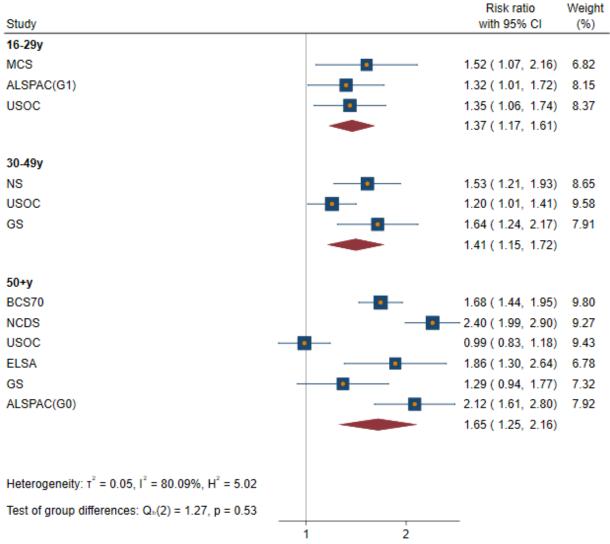


#### Sleep less than before Stable non-employed vs. Stable employed



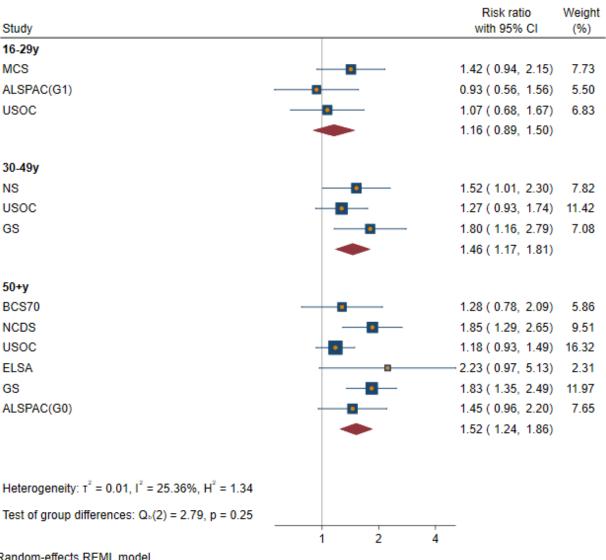
### Figure set 9: Sleeps less than before

#### Sleep more than before Furloughed vs. Stable employed

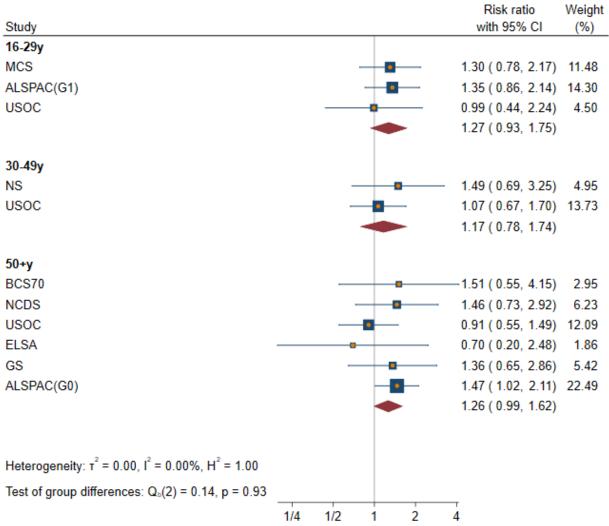


Random-effects REML model

# Sleep more than before No longer employed vs. Stable employed

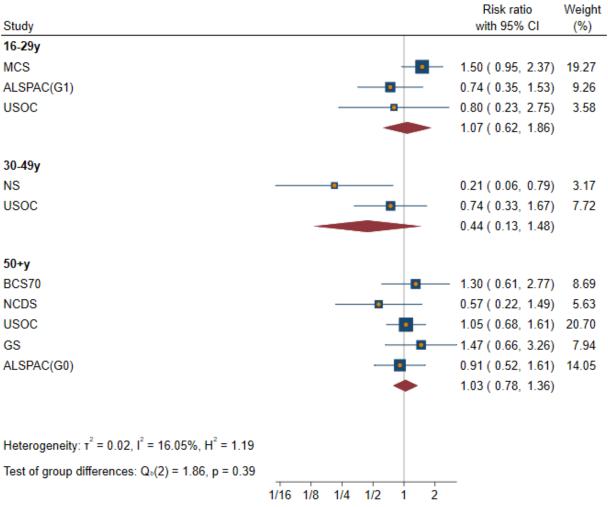


#### Sleep more than before Stable unemployed vs. Stable employed

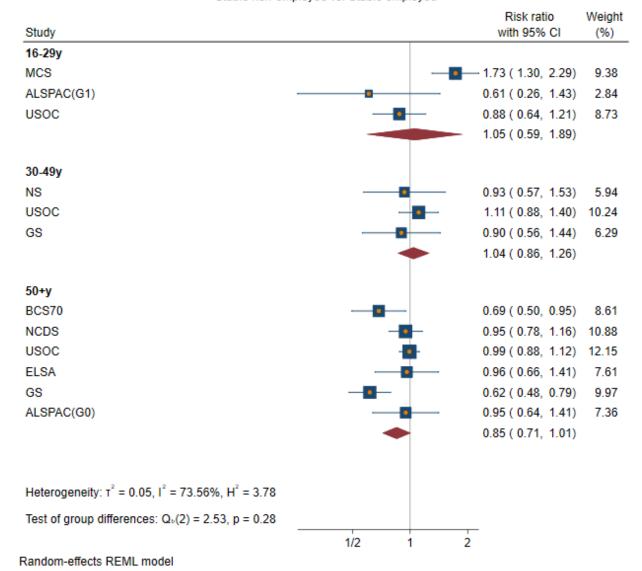


Random-effects REML model

#### Sleep more than before Became employed vs. Stable employed

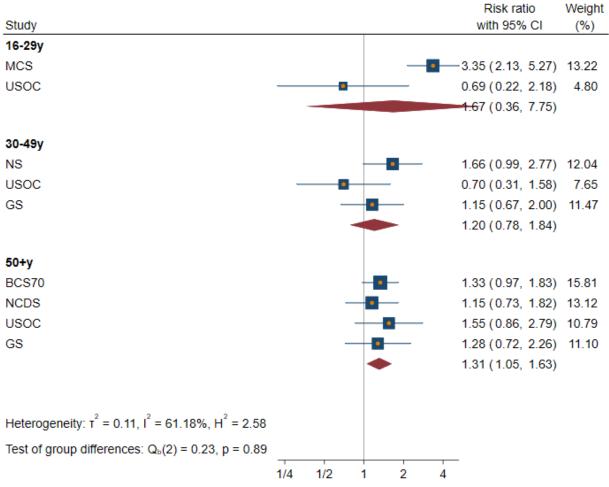


#### Sleep more than before Stable non-employed vs. Stable employed



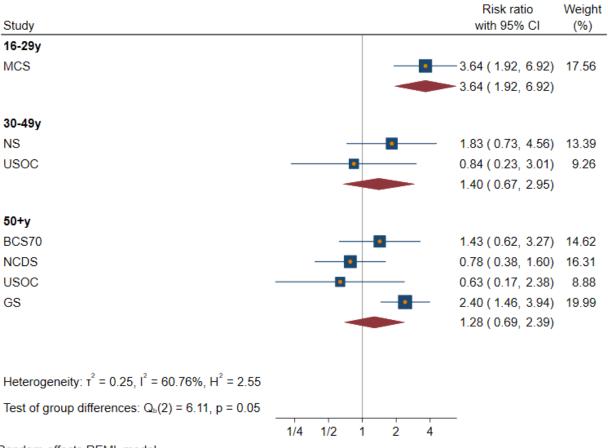
### Figure set 10: From 6/9h a night to outside 'normal range'

From 6/9h a night to outside 'normal range Furloughed vs. Stable employed



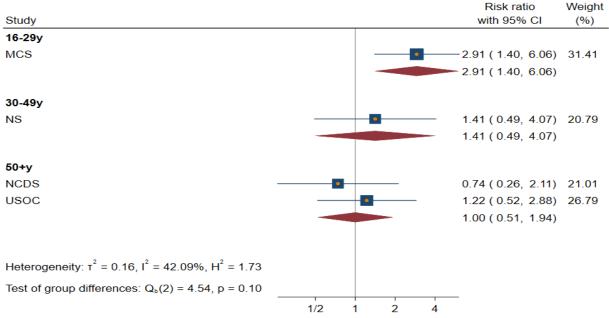
Random-effects REML model

From 6/9h a night to outside 'normal range No longer employed vs. Stable employed



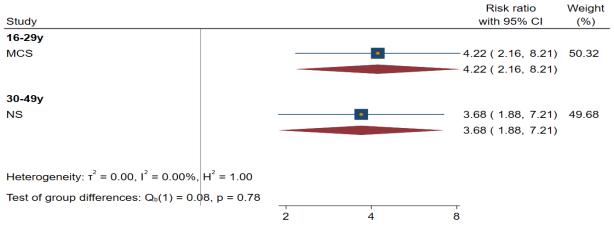
## From 6/9h a night to outside 'normal range Stable unemployed vs. Stable employed

Risk ratio



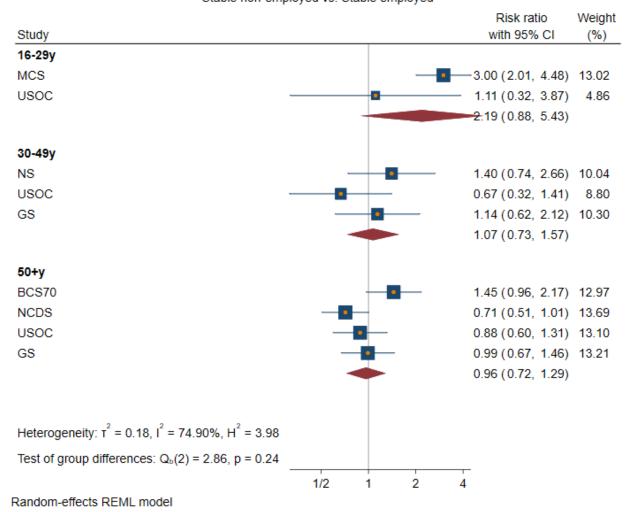
Random-effects REML model

## From 6/9h a night to outside 'normal range Became employed vs. Stable employed



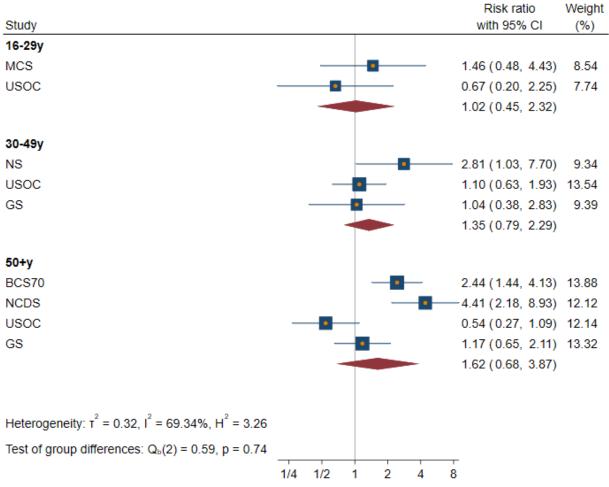
Random-effects REML model

# From 6/9h a night to outside 'normal range Stable non-employed vs. Stable employed



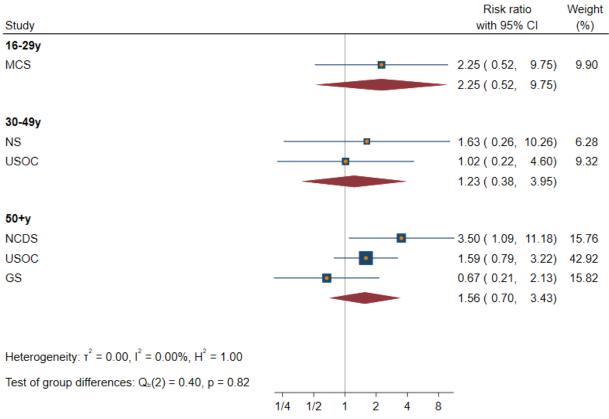
### Figure set 11: From outside 'normal range' to 6/9h a night

From outside 'normal range' to 6/9h a night Furloughed vs. Stable employed



Random-effects REML model

From outside 'normal range' to 6/9h a night No longer employed vs. Stable employed

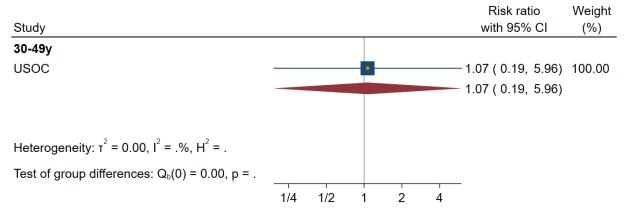


# From outside 'normal range' to 6/9h a night Stable unemployed vs. Stable employed

Study		Risk ratio with 95% CI	Weight (%)
16-29y			
MCS	•	4.15 ( 0.90, 19.23)	41.89
		4.15 ( 0.90, 19.23)	
30-49y			
USOC		1.06 ( 0.36, 3.13)	58.11
		1.06 ( 0.36, 3.13)	
Heterogeneity: $\tau^2 = 0.48$ , $I^2 = 51.04\%$ , $H^2 = 2.04$			
Test of group differences: $Q_b(1) = 2.04$ , $p = 0.15$	1/2 1 2 4 8	16	

Random-effects REML model

# From outside 'normal range' to 6/9h a night Became employed vs. Stable employed



Random-effects REML model

# From outside 'normal range' to 6/9h a night Stable non-employed vs. Stable employed

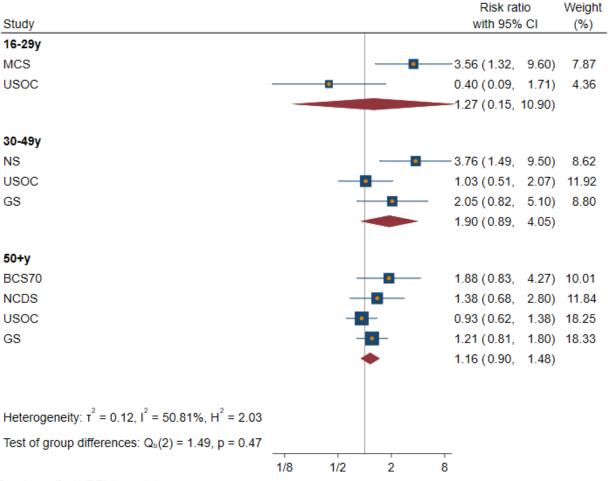
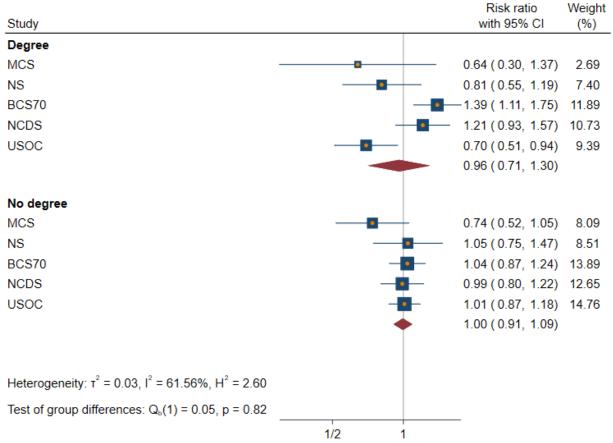


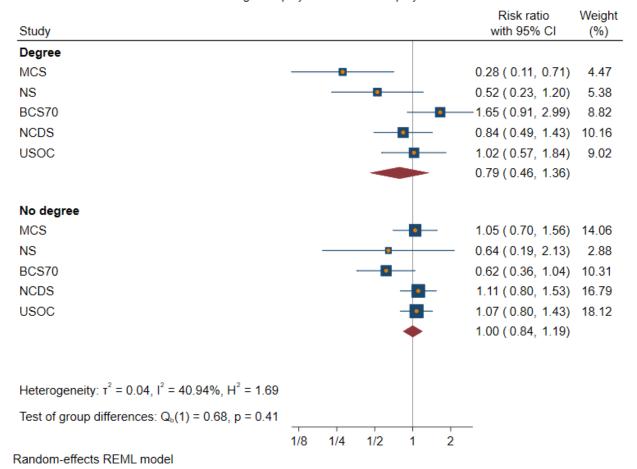
Figure set 12: Currently eats 2 or fewer fruit and veg

Currently eats 2 or fewer fruit & veg Furloughed vs. Stable employed

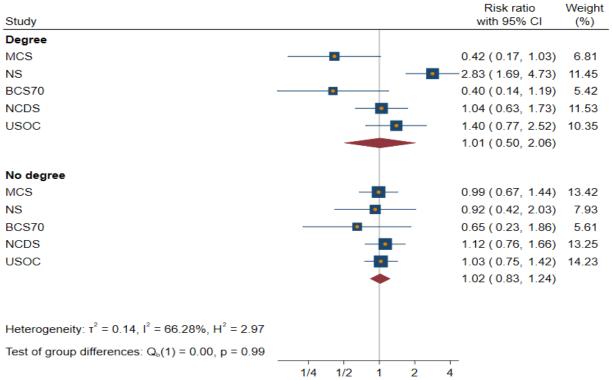


Random-effects REML model

Currently eats 2 or fewer fruit & veg No longer employed vs. Stable employed

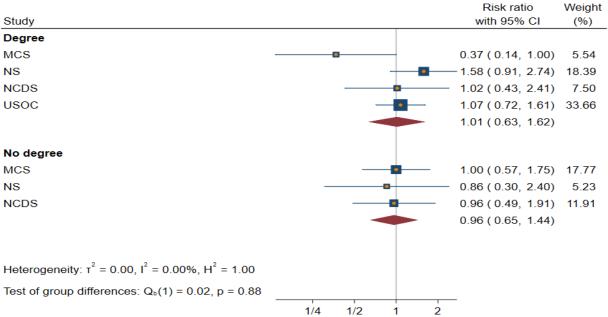


#### Currently eats 2 or fewer fruit & veg Stable unemployed vs. Stable employed



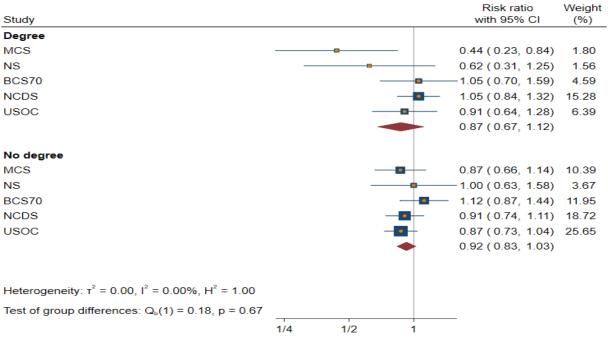
Random-effects REML model

#### Currently eats 2 or fewer fruit & veg Became employed vs. Stable employed



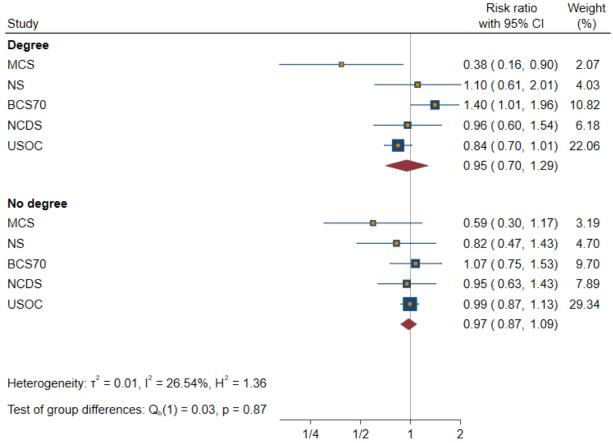
Random-effects REML model

### Currently eats 2 or fewer fruit & veg Stable non-employed vs. Stable employed



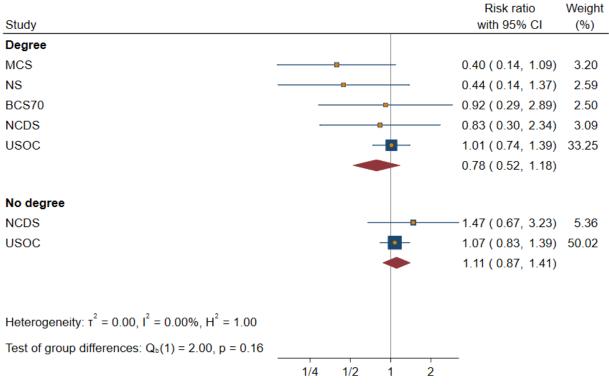
### Figure set 13: Fewer fruit and veg

Fewer fruit and veg Furloughed vs. Stable employed

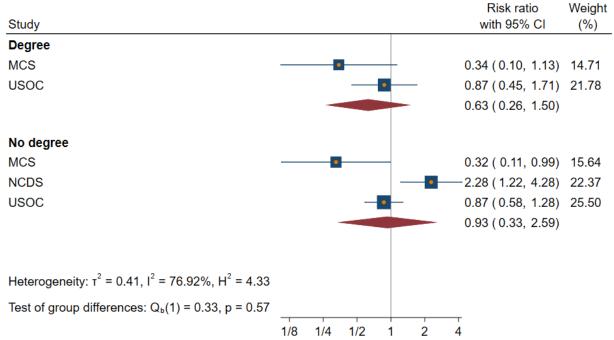


Random-effects REML model

Fewer fruit and veg No longer employed vs. Stable employed

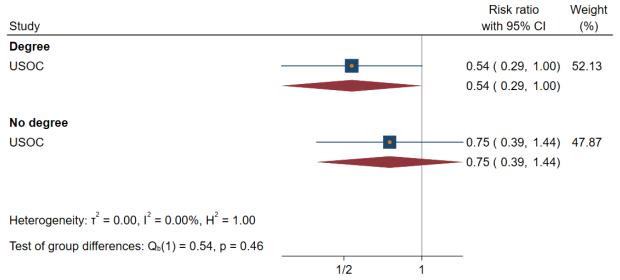


#### Fewer fruit and veg Stable unemployed vs. Stable employed

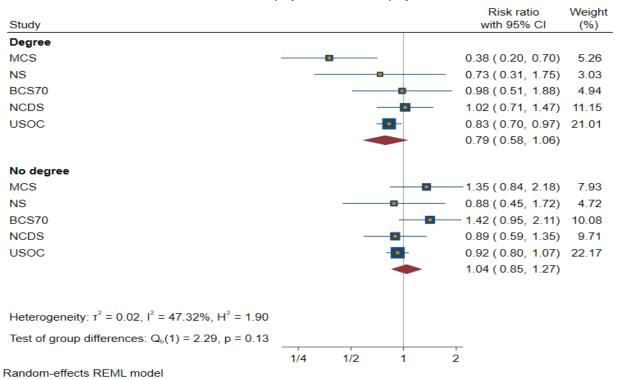


Random-effects REML model

Fewer fruit and veg Became employed vs. Stable employed

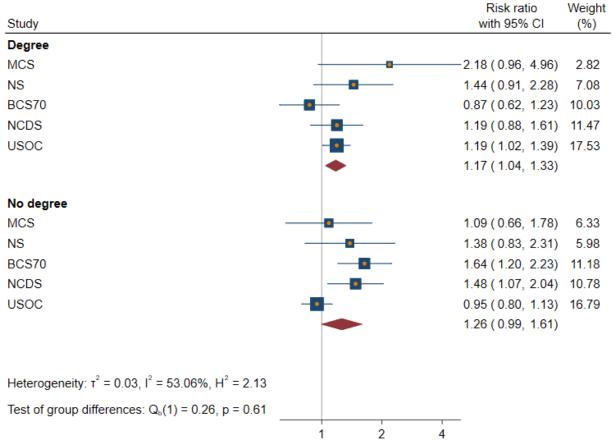


Fewer fruit and veg Stable non-employed vs. Stable employed

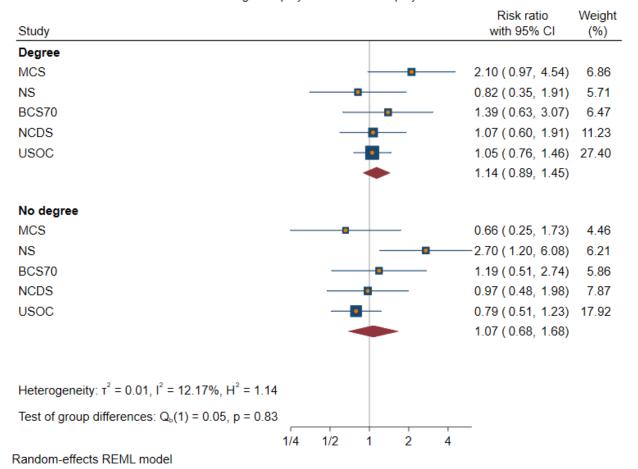


### Figure set 14: More fruit and veg

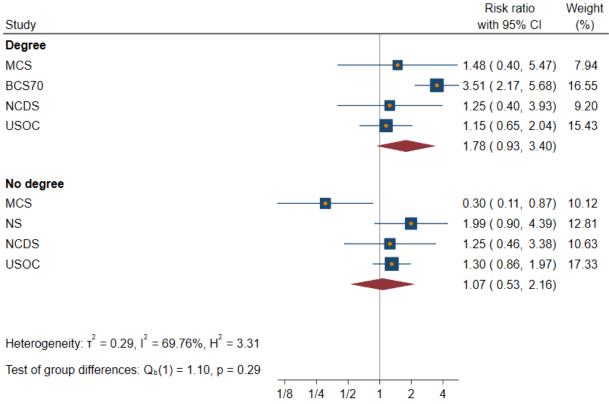
More fruit and veg Furloughed vs. Stable employed



More fruit and veg No longer employed vs. Stable employed

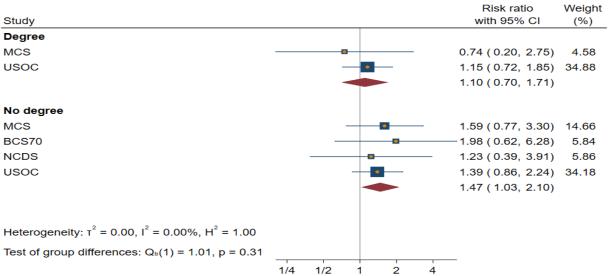


#### More fruit and veg Stable unemployed vs. Stable employed



Random-effects REML model

#### More fruit and veg Became employed vs. Stable employed



Random-effects REML model

#### More fruit and veg Stable non-employed vs. Stable employed

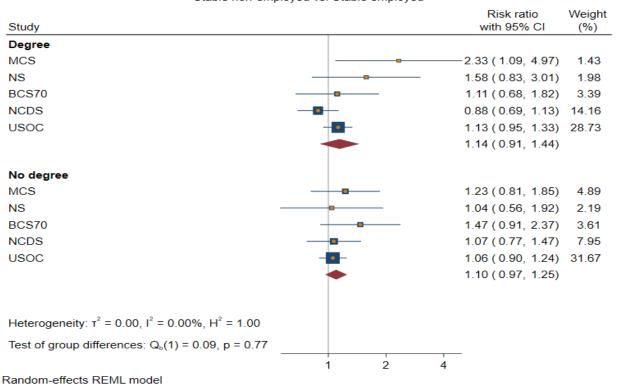
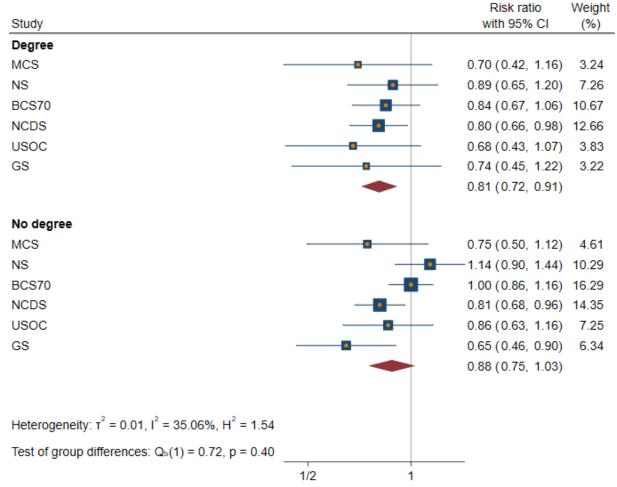


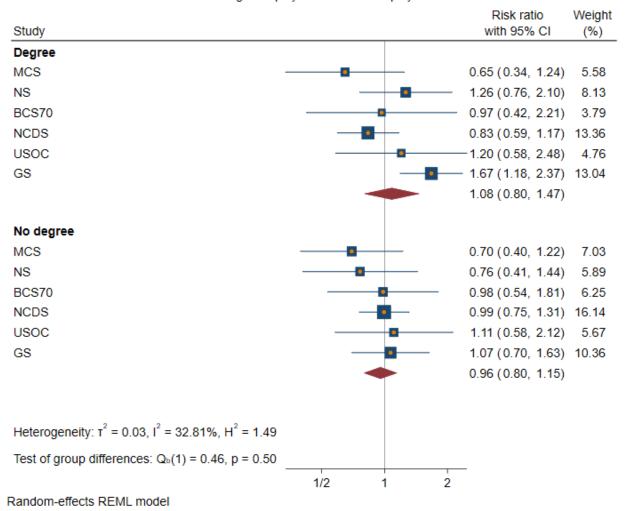
Figure set 15: Less than 3 days a week of at least 30min exercise

#### Less than 3 days a week of at least 30min exercise Furloughed vs. Stable employed

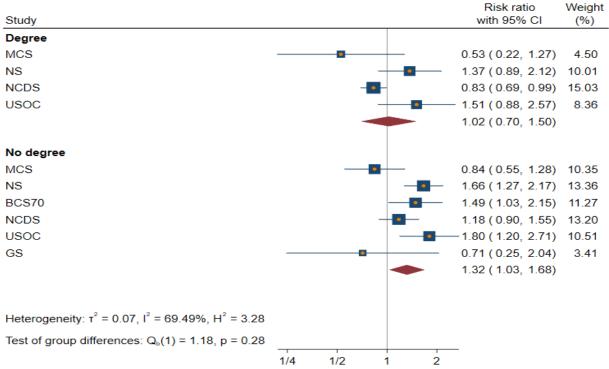


Random-effects REML model

#### Less than 3 days a week of at least 30min exercise No longer employed vs. Stable employed

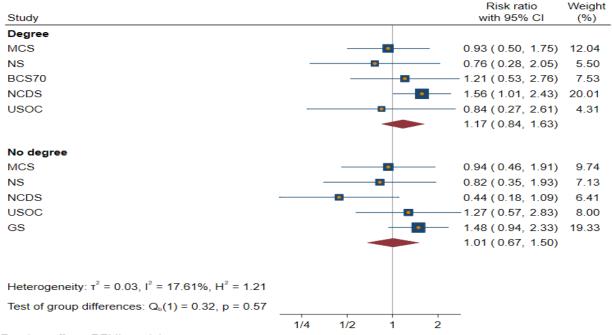


#### Less than 3 days a week of at least 30min exercise Stable unemployed vs. Stable employed



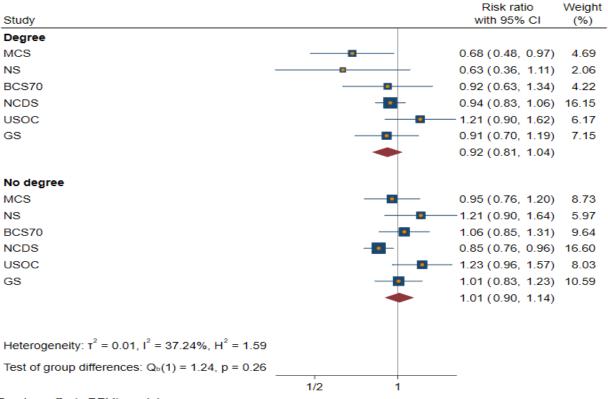
Random-effects REML model

Less than 3 days a week of at least 30min exercise Became employed vs. Stable employed



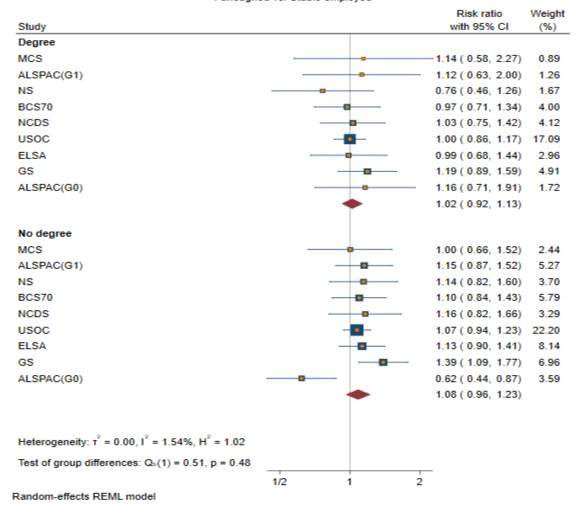
Random-effects REML model

Less than 3 days a week of at least 30min exercise Stable non-employed vs. Stable employed

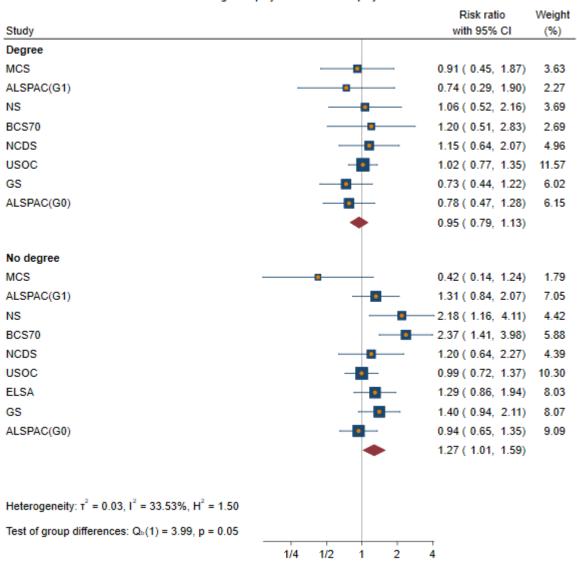


### Figure set 16: Less time/ fewer days of physical exercise

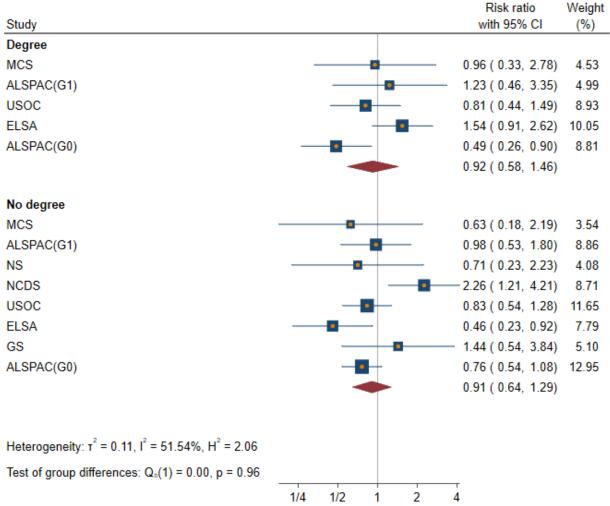
#### Less time/Fewer days of physical exercise Furloughed vs. Stable employed



#### Less time/Fewer days of physical exercise No longer employed vs. Stable employed

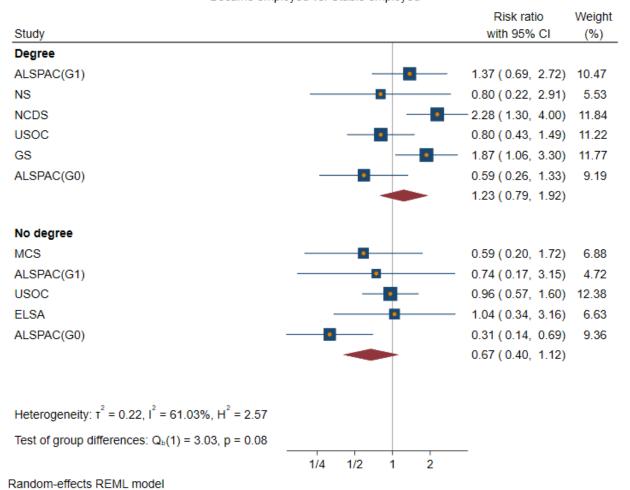


#### Less time/Fewer days of physical exercise Stable unemployed vs. Stable employed

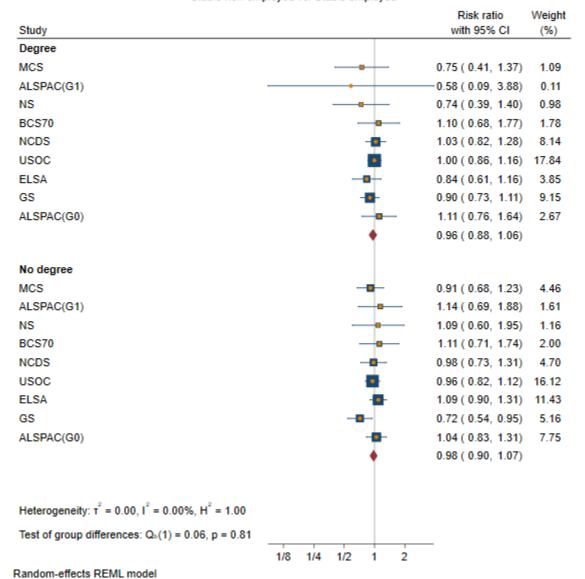


Random-effects REML model

#### Less time/Fewer days of physical exercise Became employed vs. Stable employed

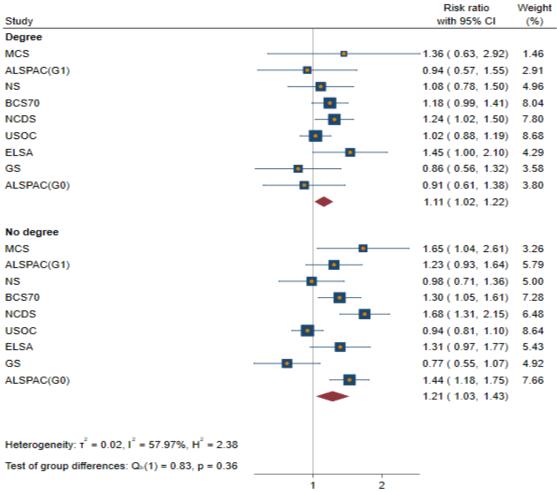


#### Less time/Fewer days of physical exercise Stable non-employed vs. Stable employed



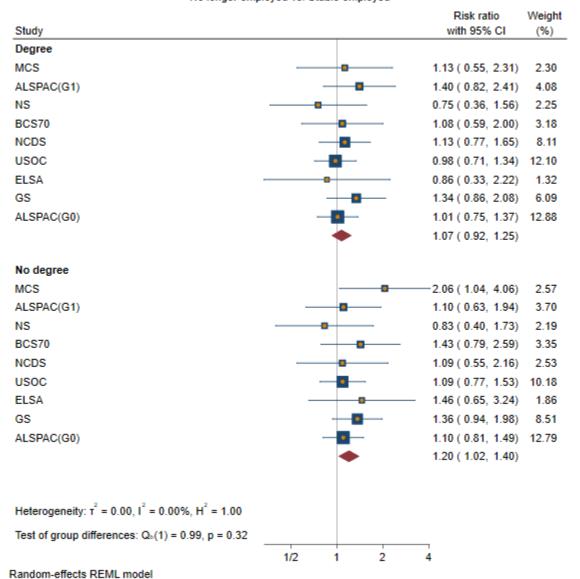
### Figure set 17: More time/ days of physical exercise

#### More time/days of physical exercise Furloughed vs. Stable employed

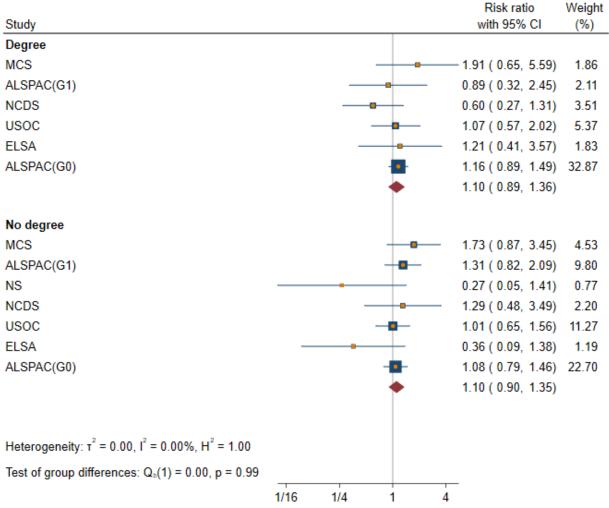


Random-effects REML model

#### More time/days of physical exercise No longer employed vs. Stable employed

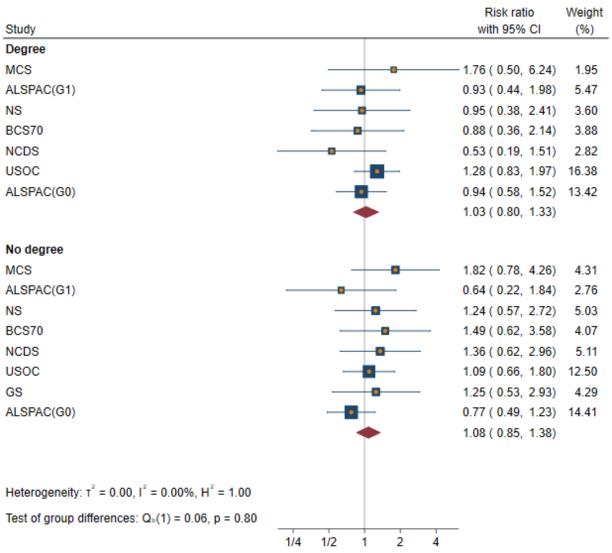


### More time/days of physical exercise Stable unemployed vs. Stable employed



Random-effects REML model

### More time/days of physical exercise Became employed vs. Stable employed



### More time/days of physical exercise Stable non-employed vs. Stable employed

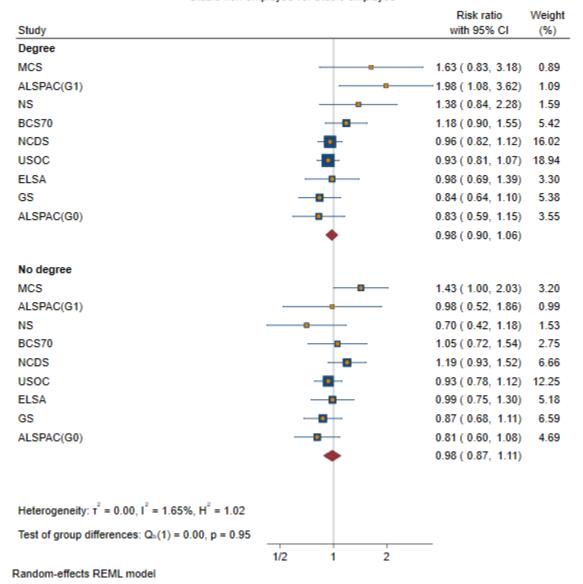
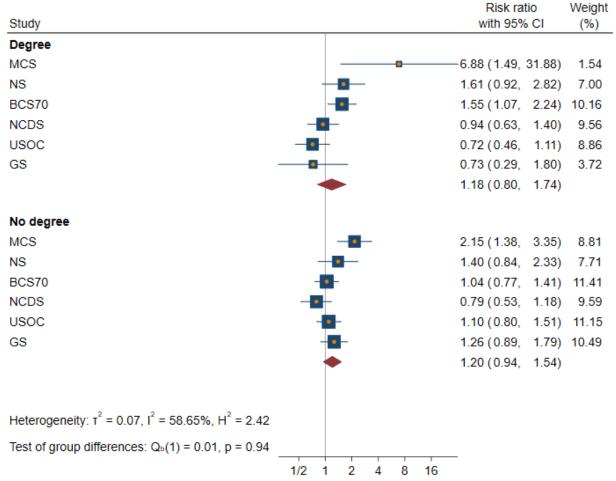


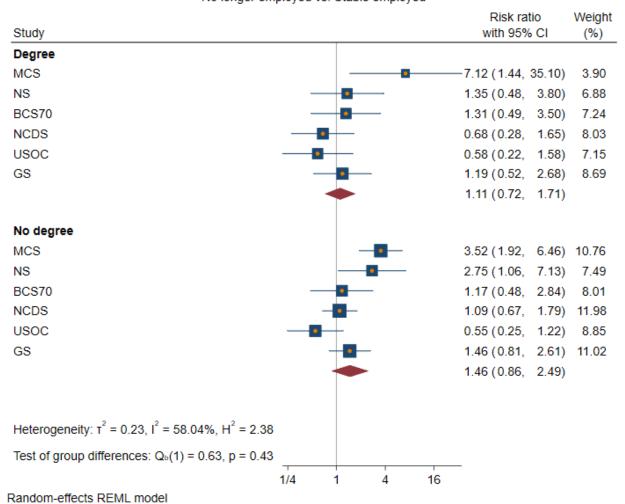
Figure set 18: Sleeps outside 'normal range' (i.e. <6 or 9+ hours)

Sleeps outside 'Normal Range' (i.e. <6 or 9+ hours) Furloughed vs. Stable employed

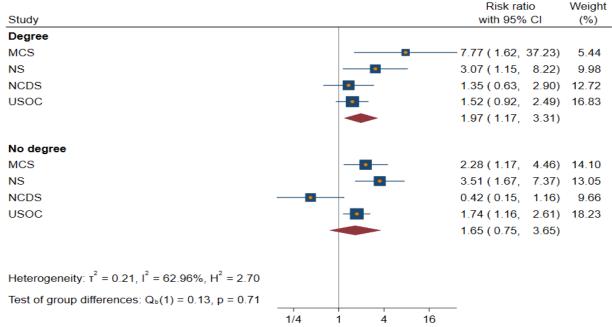


Random-effects REML model

#### Sleeps outside 'Normal Range' (i.e. <6 or 9+ hours) No longer employed vs. Stable employed

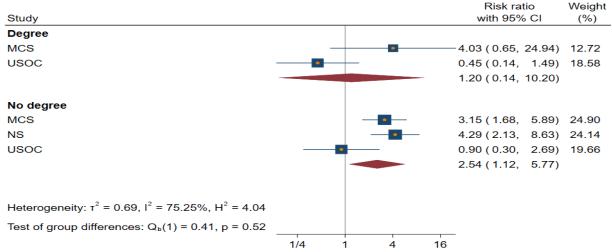


#### Sleeps outside 'Normal Range' (i.e. <6 or 9+ hours) Stable unemployed vs. Stable employed



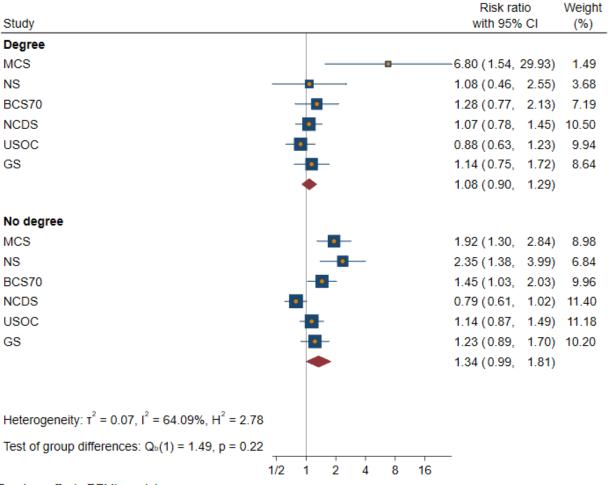
Random-effects REML model

### Sleeps outside 'Normal Range' (i.e. <6 or 9+ hours) Became employed vs. Stable employed



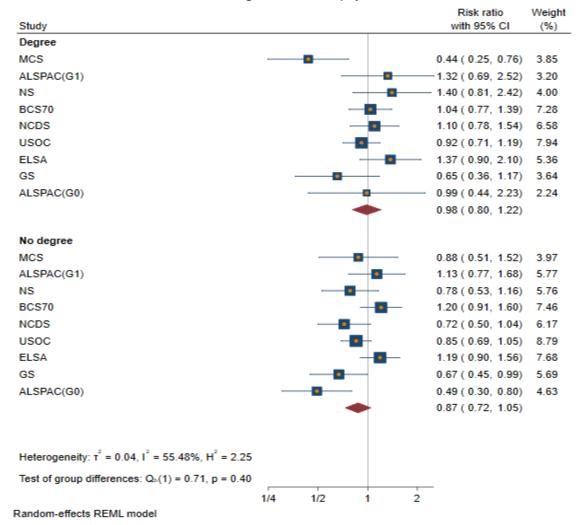
Random-effects REML model

### Sleeps outside 'Normal Range' (i.e. <6 or 9+ hours) Stable non-employed vs. Stable employed

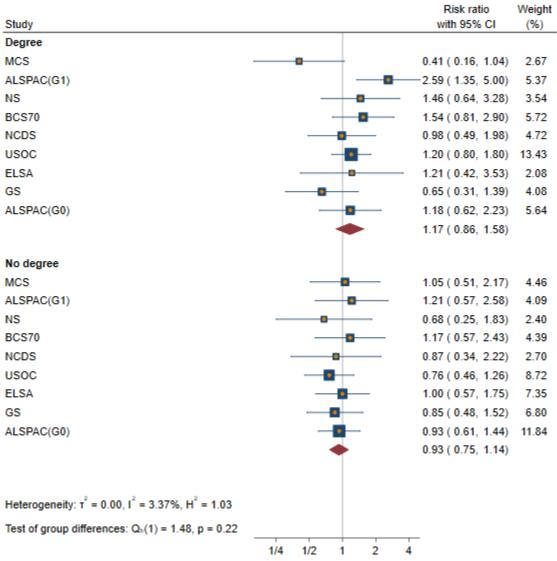


### Figure set 19: Sleeps less than before

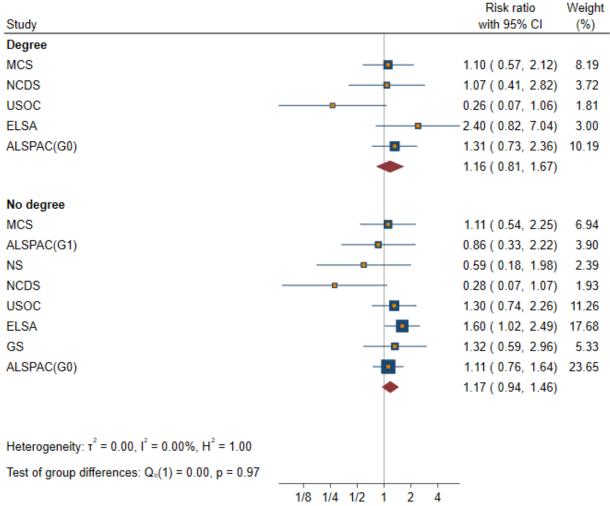
#### Sleep less than before Furloughed vs. Stable employed



#### Sleep less than before No longer employed vs. Stable employed

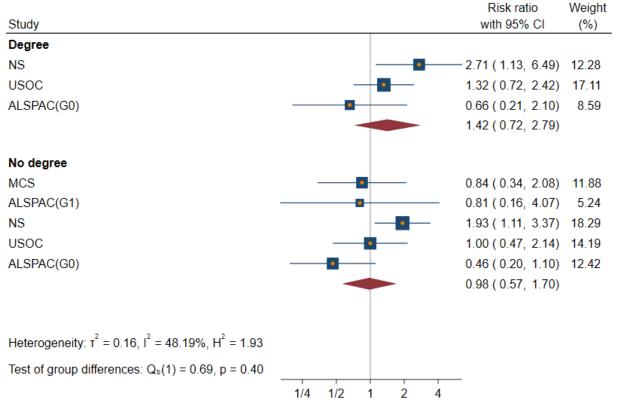


#### Sleep less than before Stable unemployed vs. Stable employed

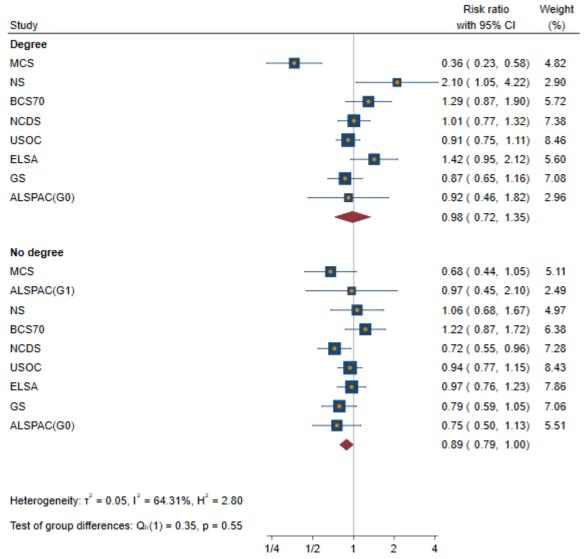


Random-effects REML model

# Sleep less than before Became employed vs. Stable employed

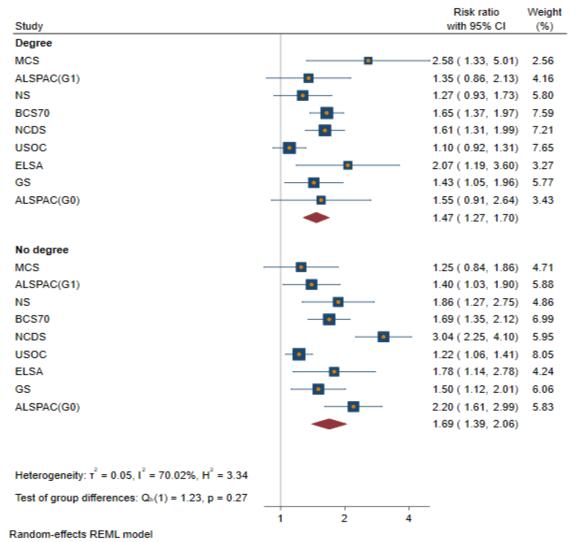


### Sleep less than before Stable non-employed vs. Stable employed

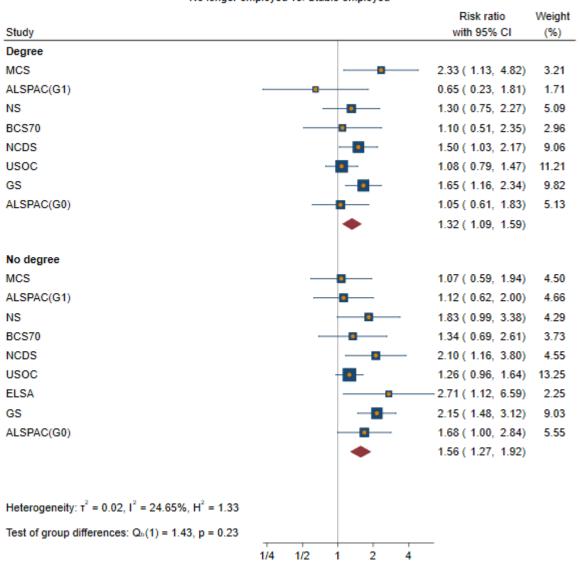


### Figure set 20: Sleeps more than before

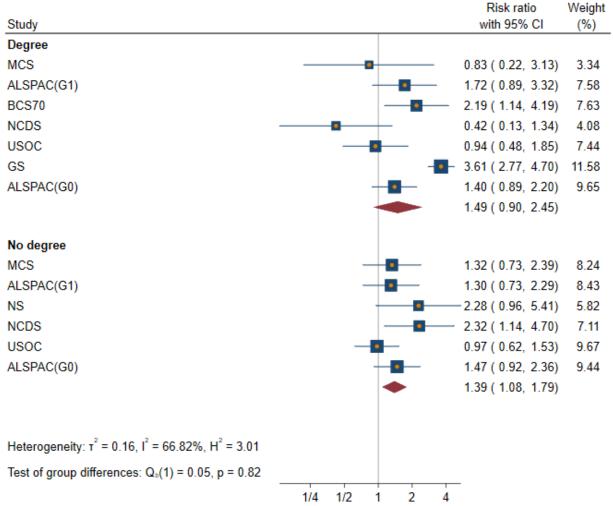
#### Sleep more than before Furloughed vs. Stable employed



#### Sleep more than before No longer employed vs. Stable employed

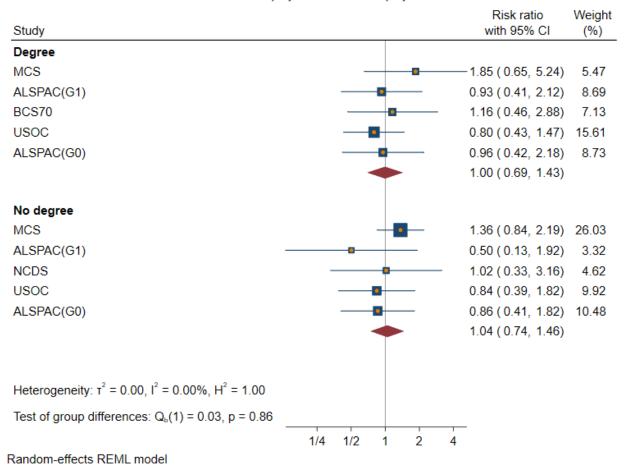


#### Sleep more than before Stable unemployed vs. Stable employed

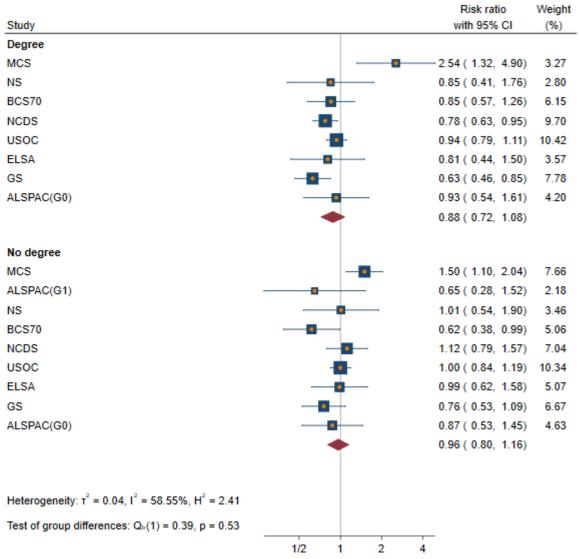


Random-effects REML model

# Sleep more than before Became employed vs. Stable employed

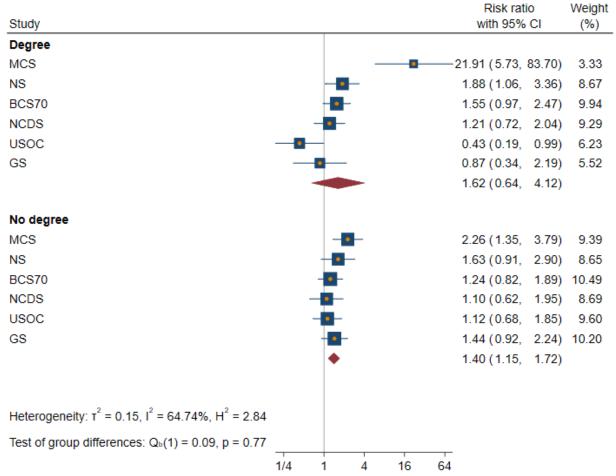


### Sleep more than before Stable non-employed vs. Stable employed

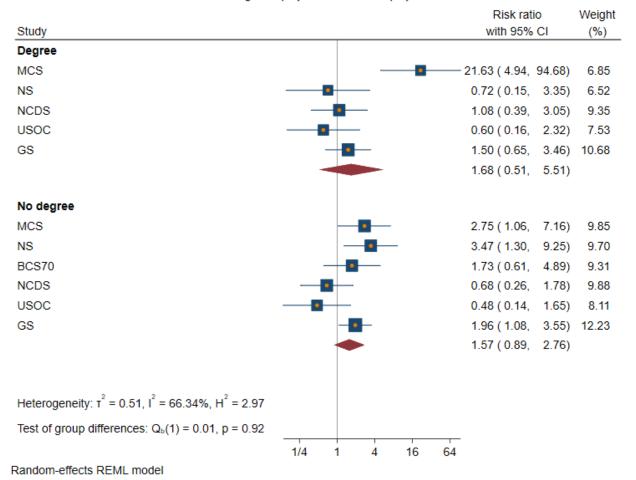


### Figure set 21: From 6/9h a night to 'normal range'

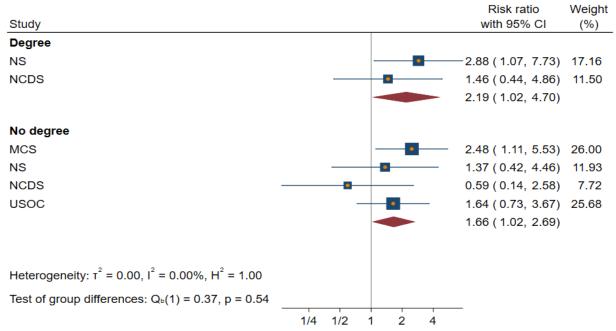
From 6/9h a night to outside 'normal range Furloughed vs. Stable employed



From 6/9h a night to outside 'normal range No longer employed vs. Stable employed

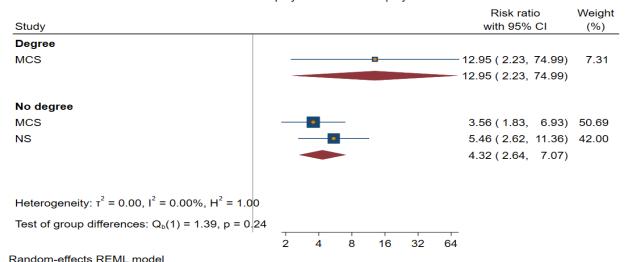


## From 6/9h a night to outside 'normal range Stable unemployed vs. Stable employed



Random-effects REML model

From 6/9h a night to outside 'normal range Became employed vs. Stable employed



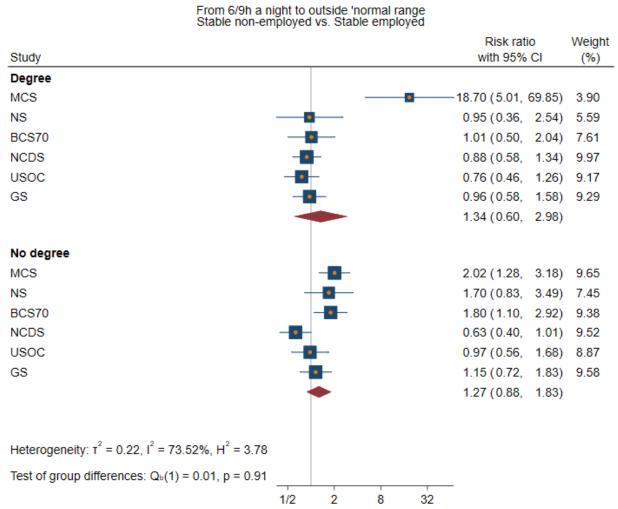
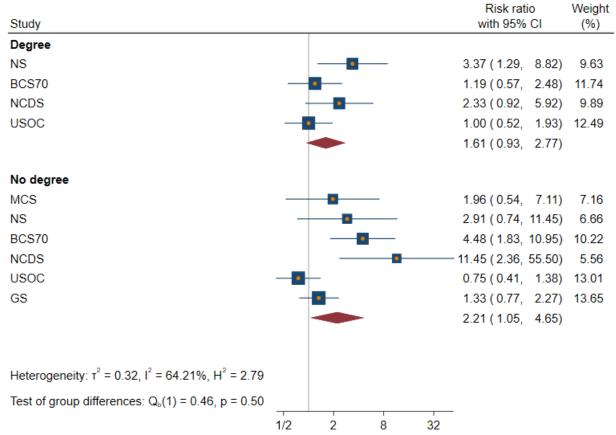


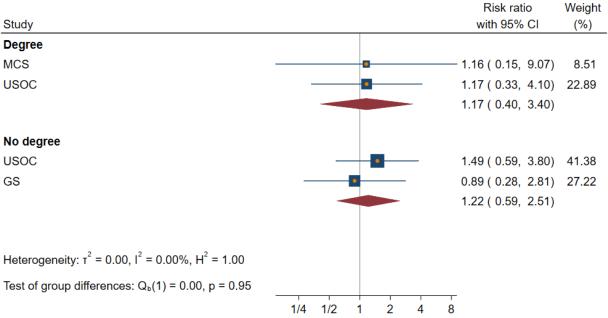
Figure set 22: From 'normal range' to 6/9h a night

# From outside 'normal range' to 6/9h a night Furloughed vs. Stable employed

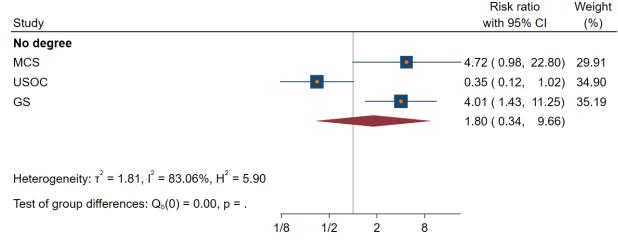


Random-effects REML model

From outside 'normal range' to 6/9h a night No longer employed vs. Stable employed

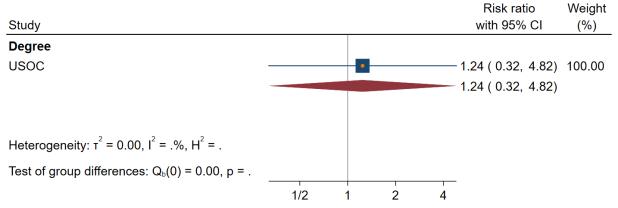


# From outside 'normal range' to 6/9h a night Stable unemployed vs. Stable employed



Random-effects REML model

### From outside 'normal range' to 6/9h a night Became employed vs. Stable employed



Random-effects REML model

# From outside 'normal range' to 6/9h a night Stable non-employed vs. Stable employed

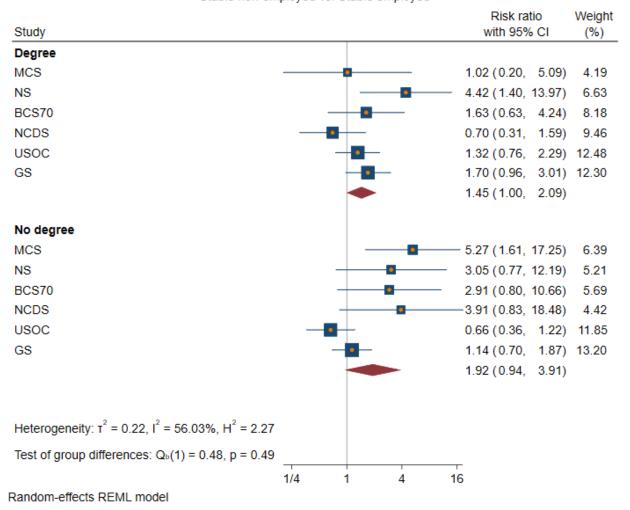
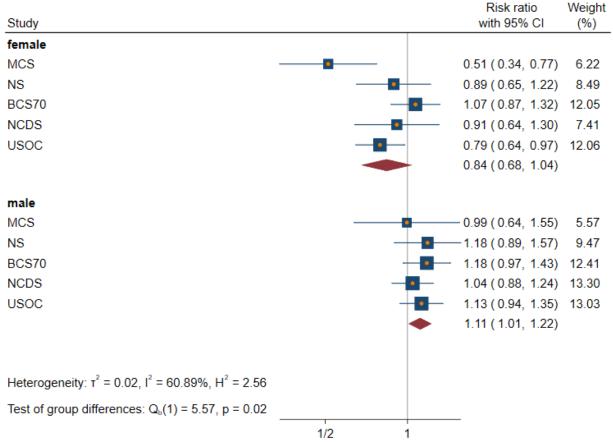
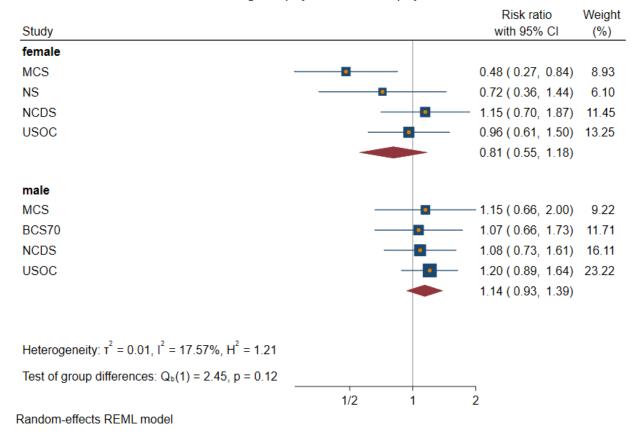


Figure set 23: Currently eats 2 or fewer fruit and veg

Currently eats 2 or fewer fruit & veg Furloughed vs. Stable employed



Currently eats 2 or fewer fruit & veg No longer employed vs. Stable employed

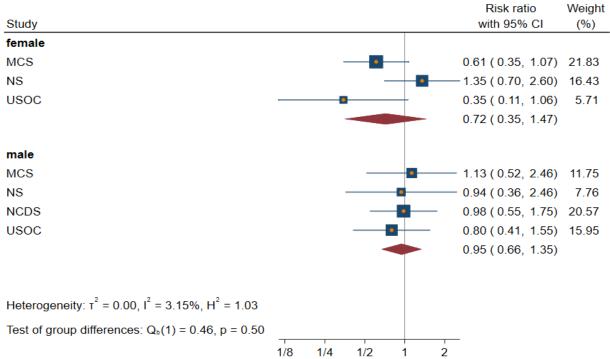


## Currently eats 2 or fewer fruit & veg Stable unemployed vs. Stable employed

Study						Risk ratio with 95% CI	Weight (%)
female							
MCS		$\overline{}$	•			0.74 ( 0.44, 1.25)	11.23
NS	_	•	-	_		0.66 ( 0.28, 1.57)	4.73
BCS70						0.55 ( 0.22, 1.36)	4.39
NCDS		-	•	_		1.09 ( 0.66, 1.81)	11.61
USOC			-	_		1.10 ( 0.71, 1.71)	14.21
						0.90 ( 0.70, 1.17)	
male							
MCS		-	•	-		1.02 ( 0.65, 1.59)	14.06
NS					_	- 2.74 ( 1.45, 5.19)	8.08
NCDS			•	_		1.14 ( 0.74, 1.76)	14.53
USOC			-	-		1.05 ( 0.72, 1.54)	17.15
						1.28 ( 0.87, 1.88)	
Heterogeneity: $\tau^2 = 0.02$ , $I^2 = 24.17\%$ , $H^2 = 1.32$							
Test of group differences: $Q_b(1) = 2.19$ , p = 0.14							
Test of group differences. $Q_b(1) = 2.19$ , $p = 0.14$	1	4.00	_		-	_	
	1/4	1/2	1	2	4		

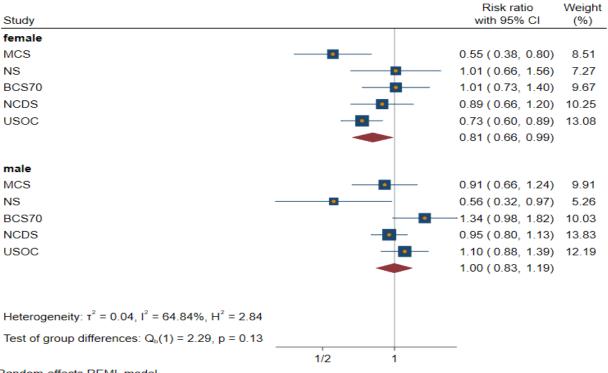
Random-effects REML model

## Currently eats 2 or fewer fruit & veg Became employed vs. Stable employed



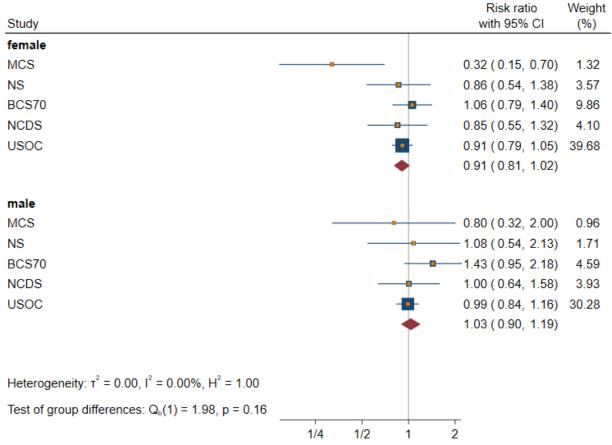
Random-effects REML model

## Currently eats 2 or fewer fruit & veg Stable non-employed vs. Stable employed



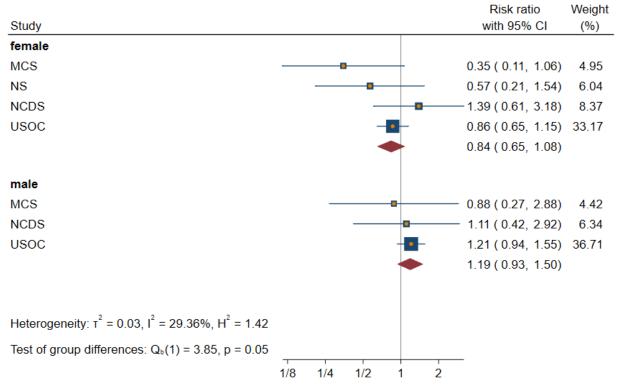
### Figure set 24: Fewer fruit and veg

Fewer fruit and veg Furloughed vs. Stable employed



Random-effects REML model

Fewer fruit and veg No longer employed vs. Stable employed

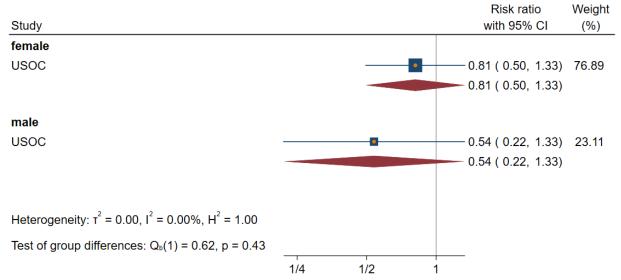


# Fewer fruit and veg Stable unemployed vs. Stable employed

Study				Risk ratio with 95% CI	Weight (%)
female					
MCS				0.88 (0.36, 2.12)	13.29
NCDS			•	2.17 (1.12, 4.20)	20.14
USOC		<b>—</b>		0.93 (0.63, 1.37)	35.12
				1.20 ( 0.68, 2.12)	
male					
NCDS		•		1.19 (0.44, 3.24)	10.95
USOC	•			0.81 (0.42, 1.55)	20.50
				0.91 ( 0.53, 1.57)	
Heterogeneity: $\tau^2 = 0.06$ , $I^2 = 36.01\%$ , $H^2 = 1.56$					
Test of group differences: $Q_b(1) = 0.48$ , $p = 0.49$					
1000 of group differences. Q <sub>0</sub> (1) = 0.40, p = 0.40	1/2	1	2	4	
	1/2	1	2	7	

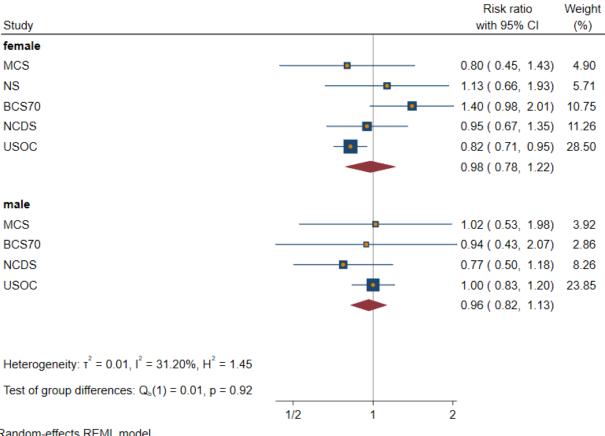
Random-effects REML model

Fewer fruit and veg Became employed vs. Stable employed



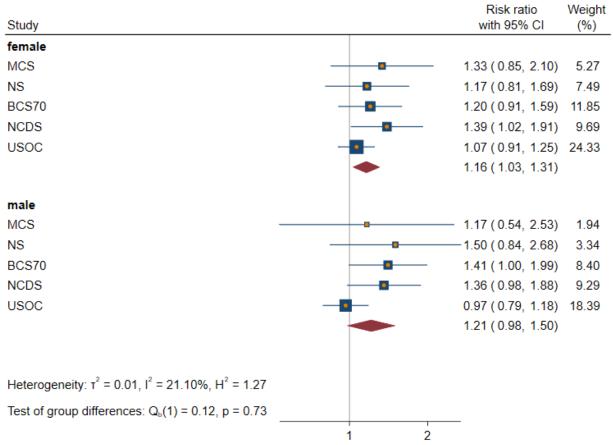
Random-effects REML model

Fewer fruit and veg Stable non-employed vs. Stable employed



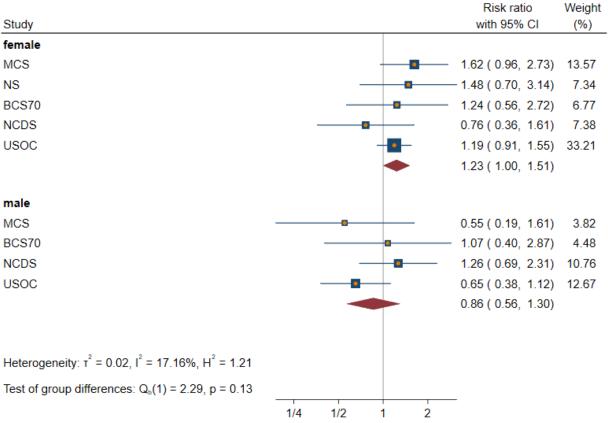
### Figure set 25: More fruit and veg

### More fruit and veg Furloughed vs. Stable employed

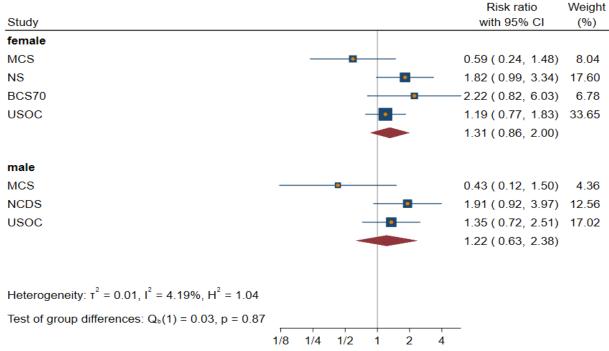


Random-effects REML model

More fruit and veg No longer employed vs. Stable employed

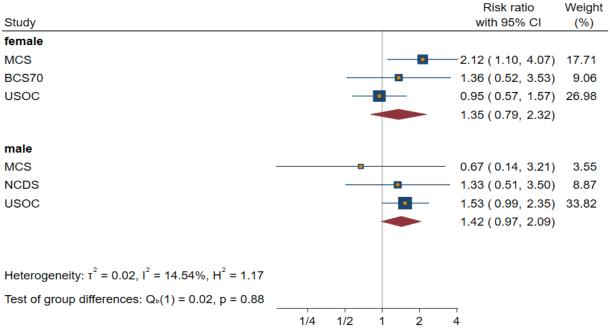


## More fruit and veg Stable unemployed vs. Stable employed



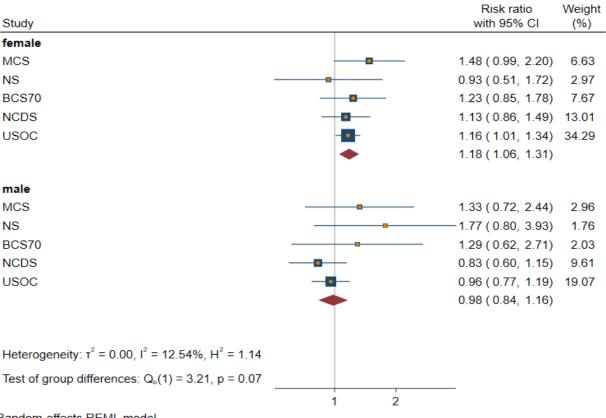
Random-effects REML model

More fruit and veg Became employed vs. Stable employed



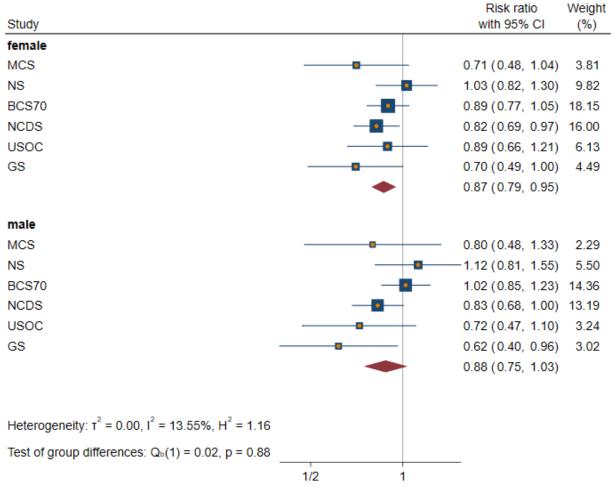
Random-effects REML model

More fruit and veg Stable non-employed vs. Stable employed



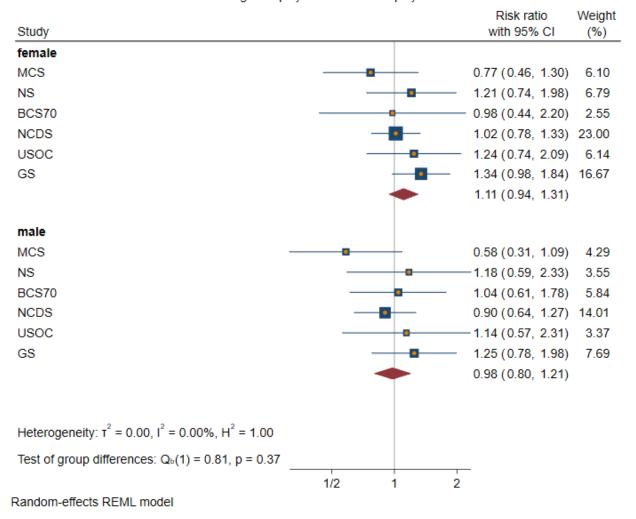
### Figure set 26: Less than 3 days a week of at least 30min exercise

Less than 3 days a week of at least 30min exercise Furloughed vs. Stable employed



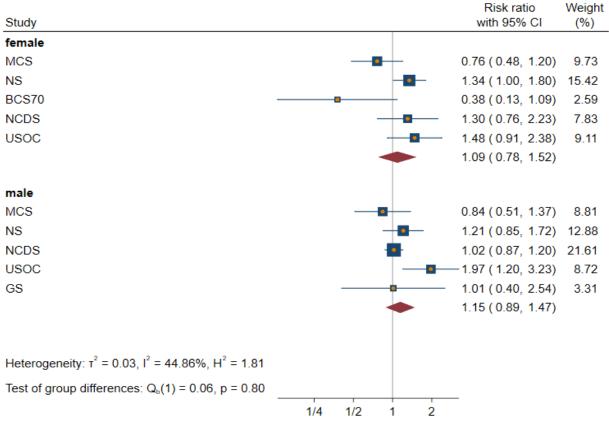
Random-effects REML model

### Less than 3 days a week of at least 30min exercise No longer employed vs. Stable employed



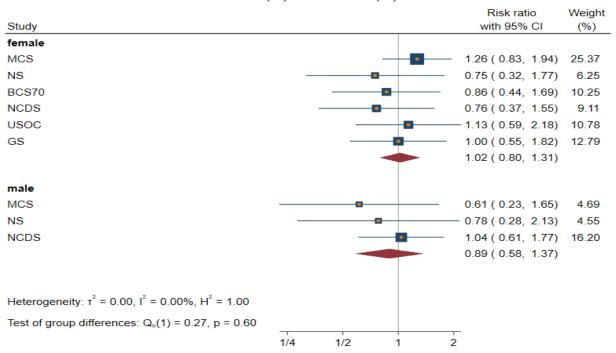
## Less than 3 days a week of at least 30min exercise Stable unemployed vs. Stable employed

Risk ratio

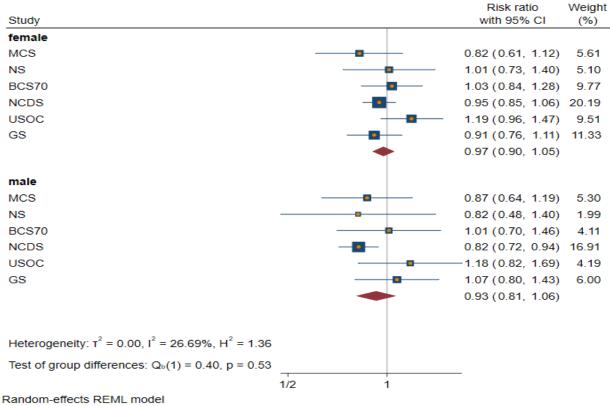


Random-effects REML model

Less than 3 days a week of at least 30min exercise Became employed vs. Stable employed

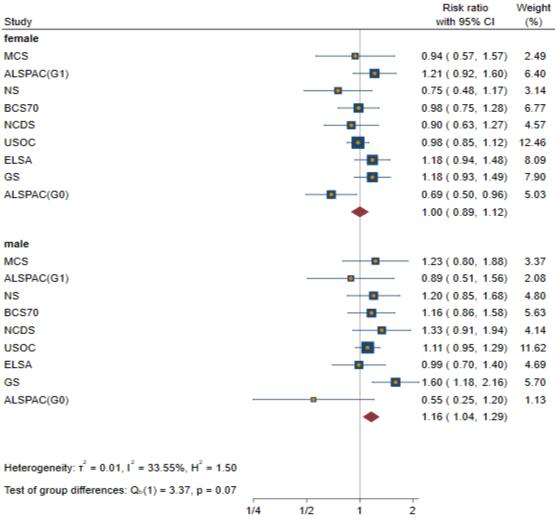


Less than 3 days a week of at least 30min exercise Stable non-employed vs. Stable employed



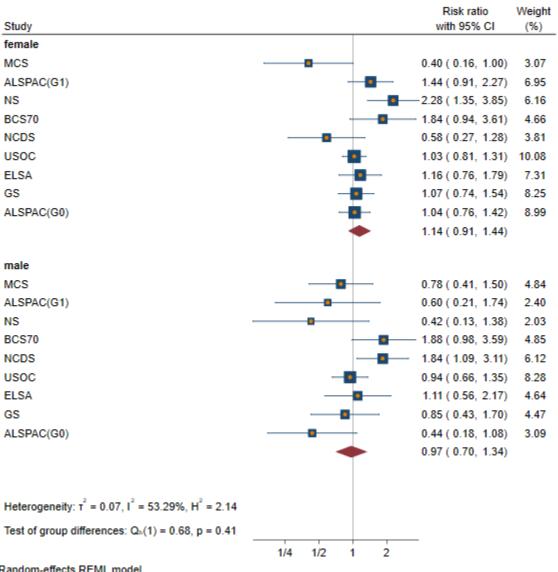
### Figure set 27: Less time/fewer days of physical exercise

## Less time/Fewer days of physical exercise Furloughed vs. Stable employed

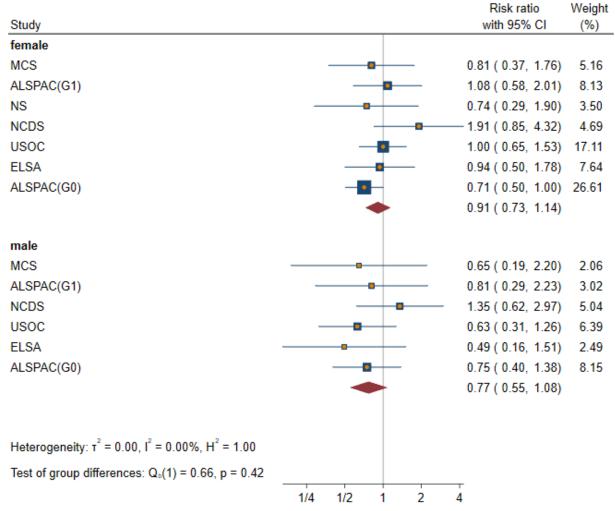


Random-effects REML model

## Less time/Fewer days of physical exercise No longer employed vs. Stable employed

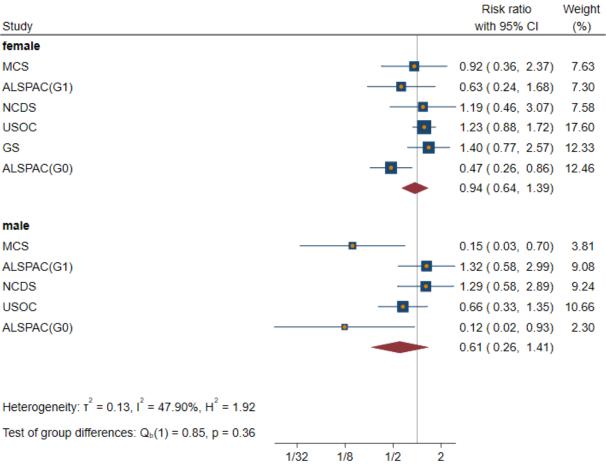


### Less time/Fewer days of physical exercise Stable unemployed vs. Stable employed

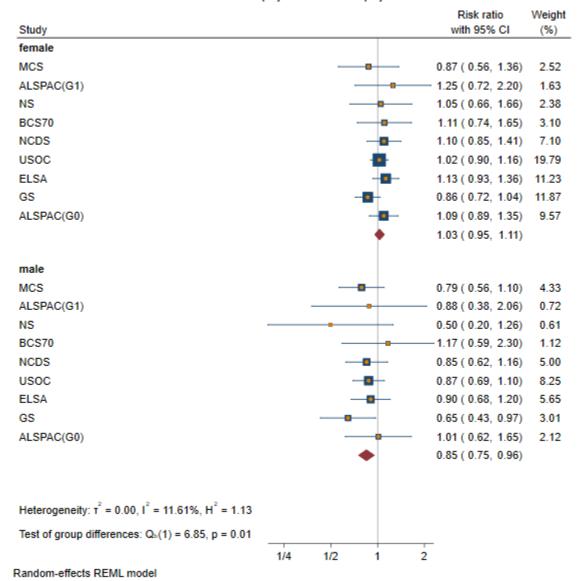


Random-effects REML model

#### Less time/Fewer days of physical exercise Became employed vs. Stable employed

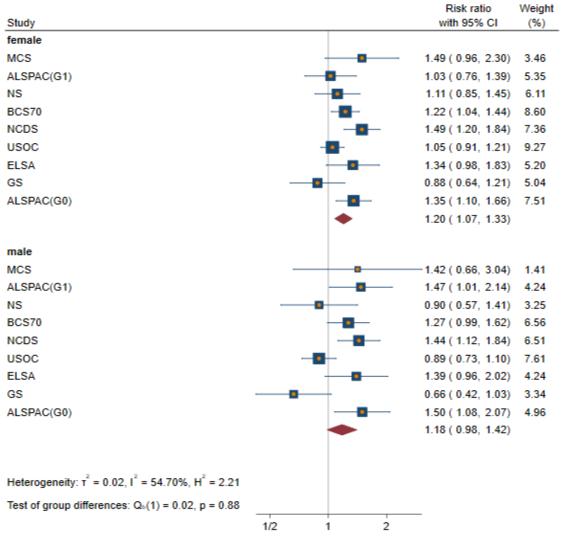


### Less time/Fewer days of physical exercise Stable non-employed vs. Stable employed



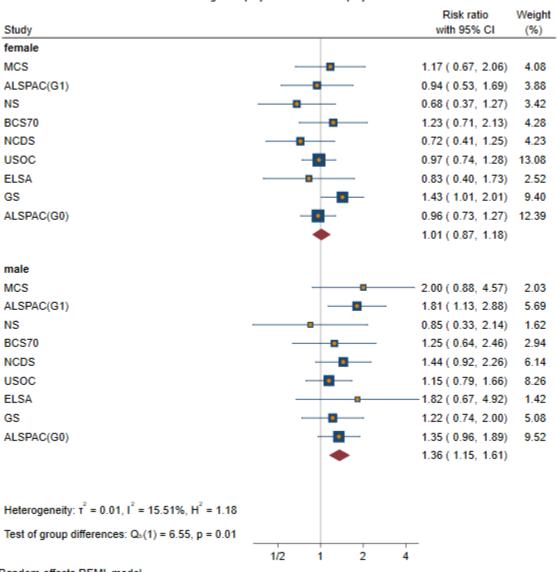
### Figure set 28: More time/ days of physical exercise

## More time/days of physical exercise Furloughed vs. Stable employed

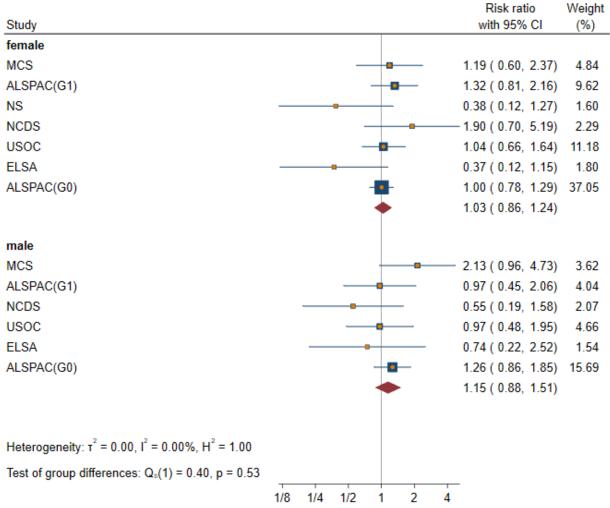


Random-effects REML model

# More time/days of physical exercise No longer employed vs. Stable employed

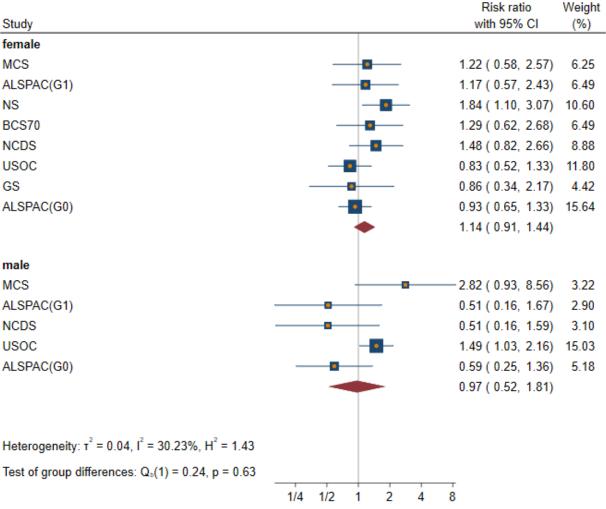


### More time/days of physical exercise Stable unemployed vs. Stable employed

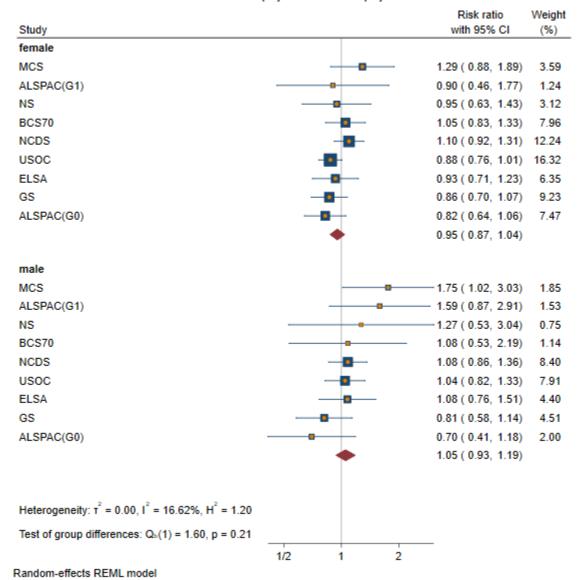


Random-effects REML model

### More time/days of physical exercise Became employed vs. Stable employed

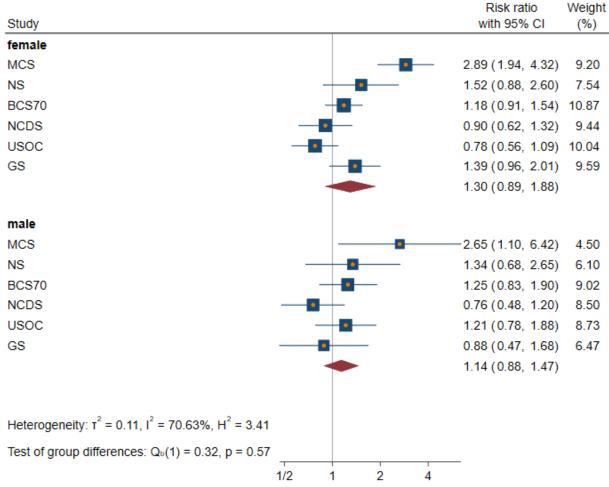


### More time/days of physical exercise Stable non-employed vs. Stable employed



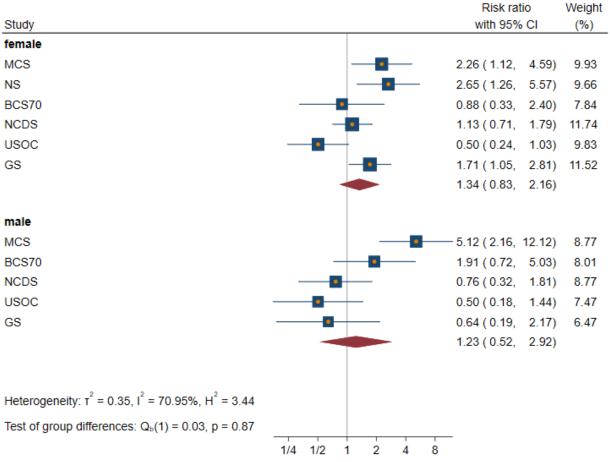
### Figure set 29: Sleeps outside 'normal range' (i.e. <6 or 9+ hours)

### Sleeps outside 'Normal Range' (i.e. <6 or 9+ hours) Furloughed vs. Stable employed

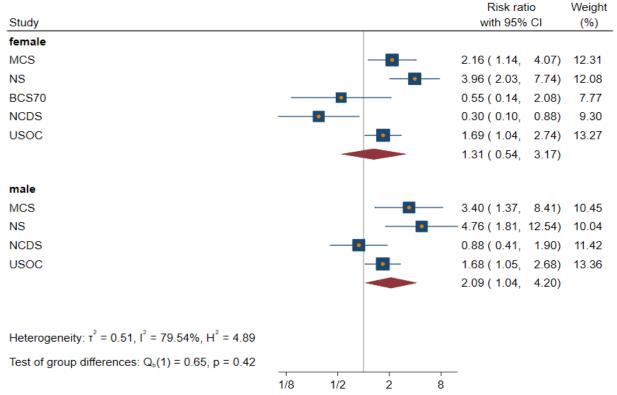


Random-effects REML model

### Sleeps outside 'Normal Range' (i.e. <6 or 9+ hours) No longer employed vs. Stable employed

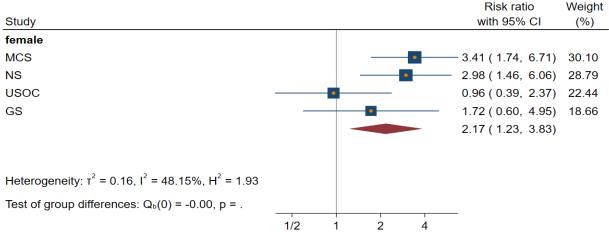


## Sleeps outside 'Normal Range' (i.e. <6 or 9+ hours) Stable unemployed vs. Stable employed



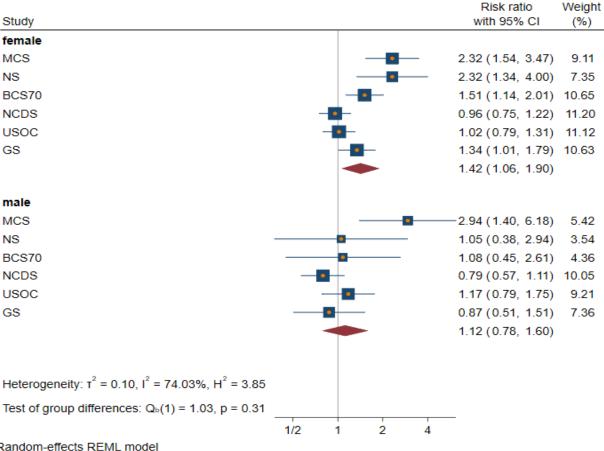
Random-effects REML model

## Sleeps outside 'Normal Range' (i.e. <6 or 9+ hours) Became employed vs. Stable employed



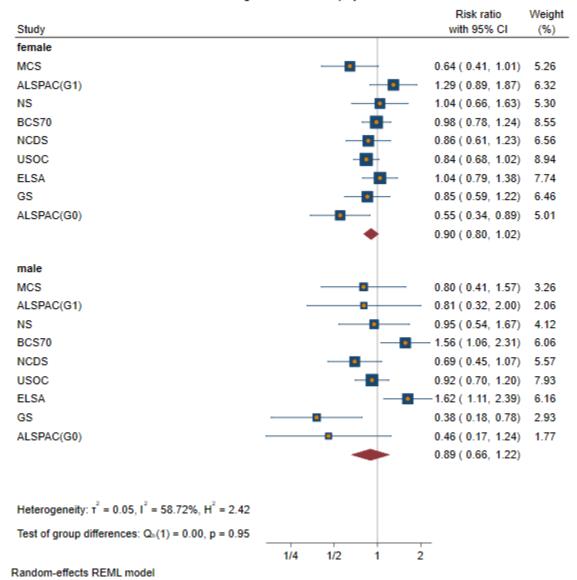
Random-effects REML model

## Sleeps outside 'Normal Range' (i.e. <6 or 9+ hours) Stable non-employed vs. Stable employed

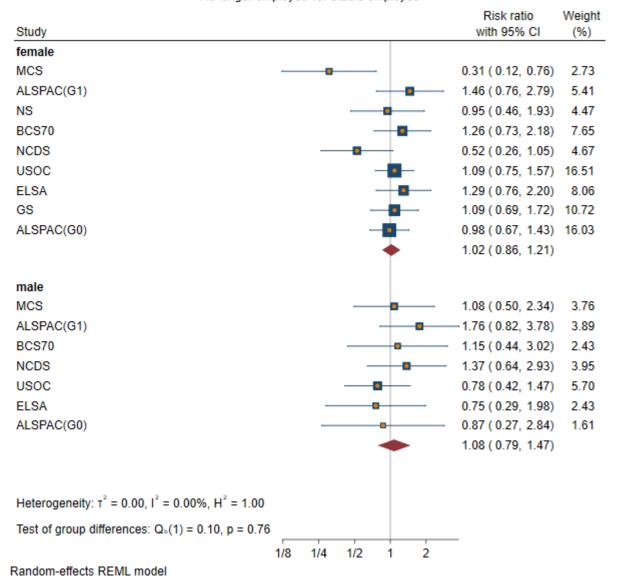


### Figure set 30: Sleeps less than before

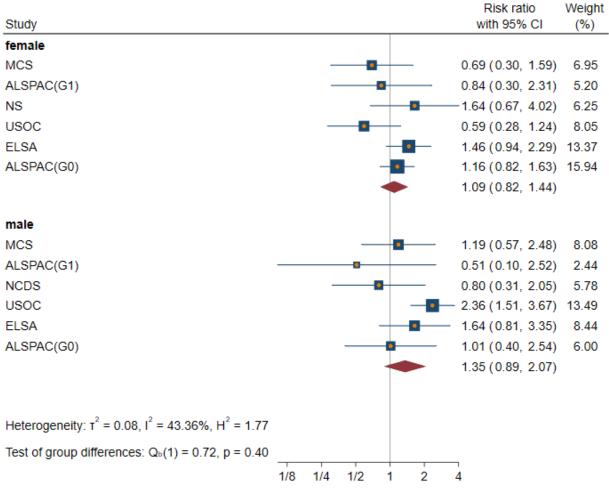
Sleep less than before Furloughed vs. Stable employed



Sleep less than before No longer employed vs. Stable employed

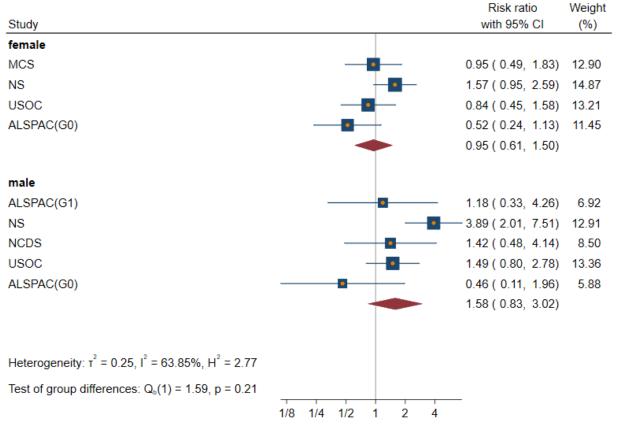


### Sleep less than before Stable unemployed vs. Stable employed

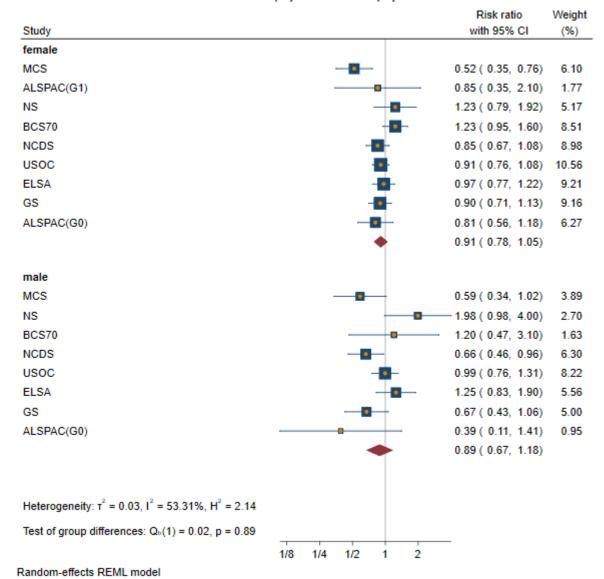


Random-effects REML model

Sleep less than before Became employed vs. Stable employed

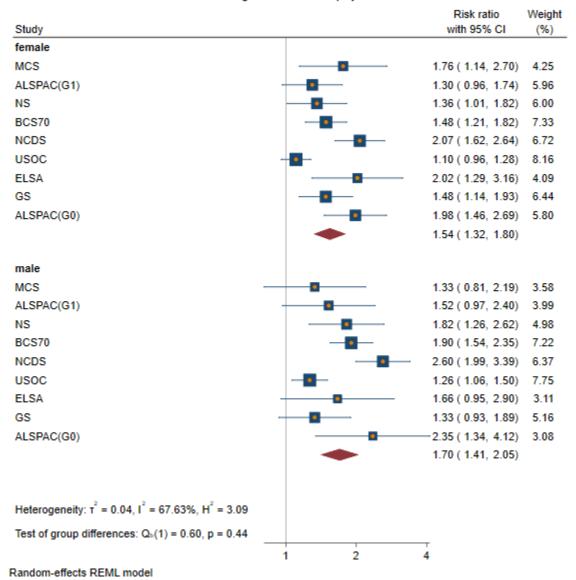


Sleep less than before Stable non-employed vs. Stable employed

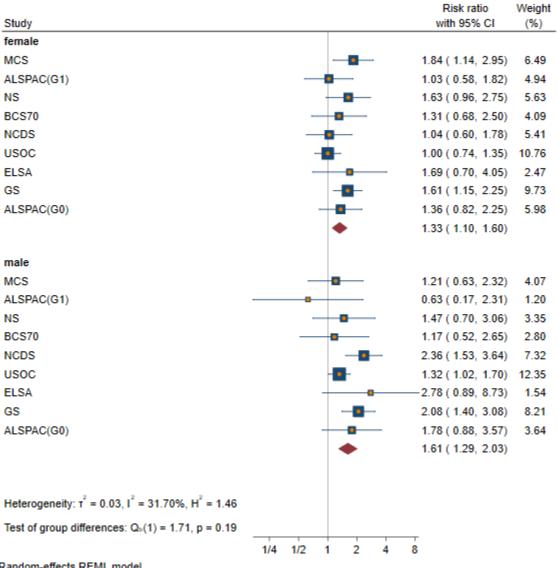


### Figure set 31: Sleeps more than before

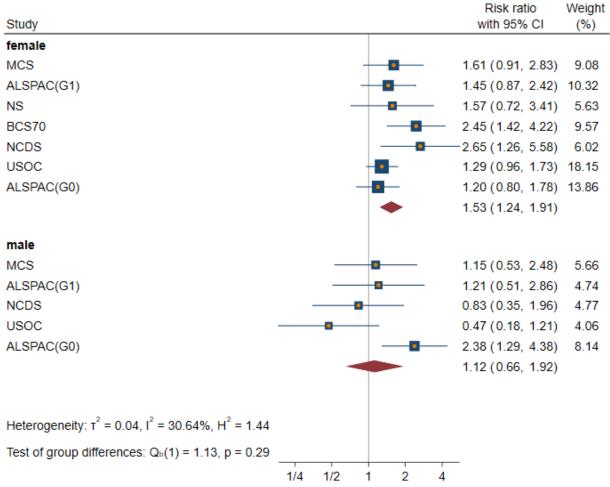
Sleep more than before Furloughed vs. Stable employed



Sleep more than before No longer employed vs. Stable employed

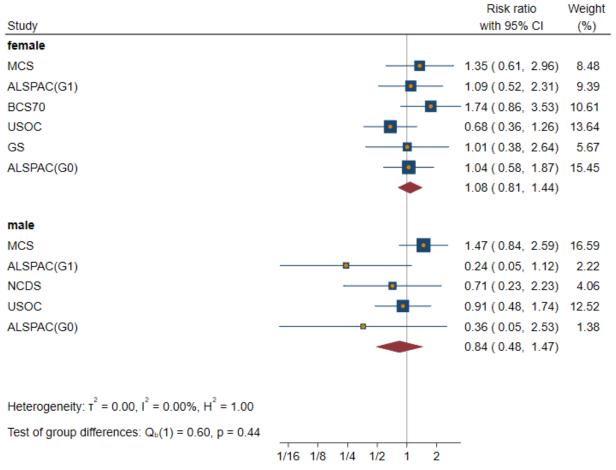


### Sleep more than before Stable unemployed vs. Stable employed



Random-effects REML model

### Sleep more than before Became employed vs. Stable employed



### Sleep more than before Stable non-employed vs. Stable employed

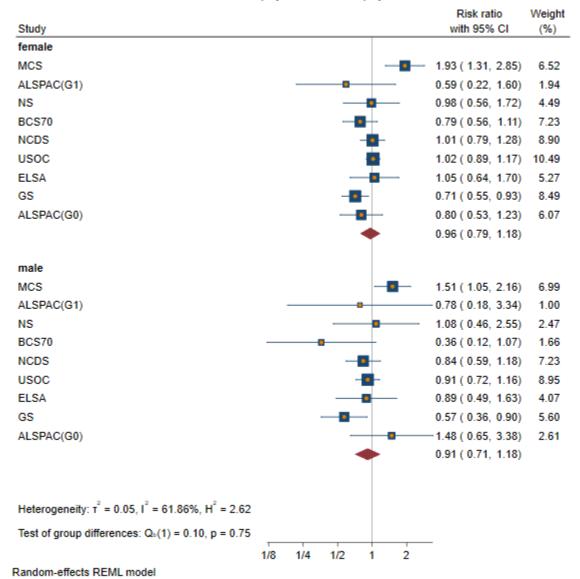
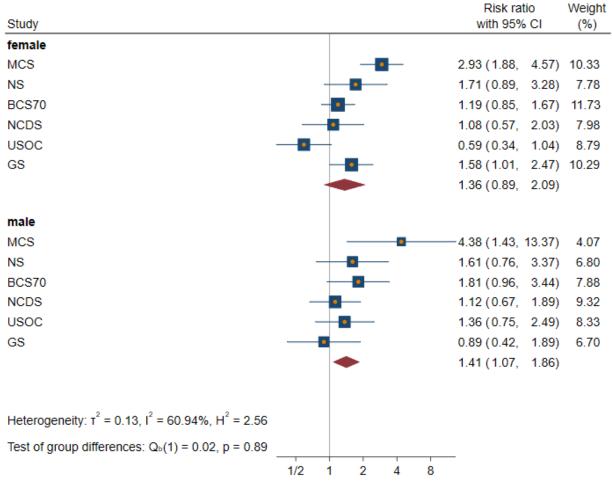


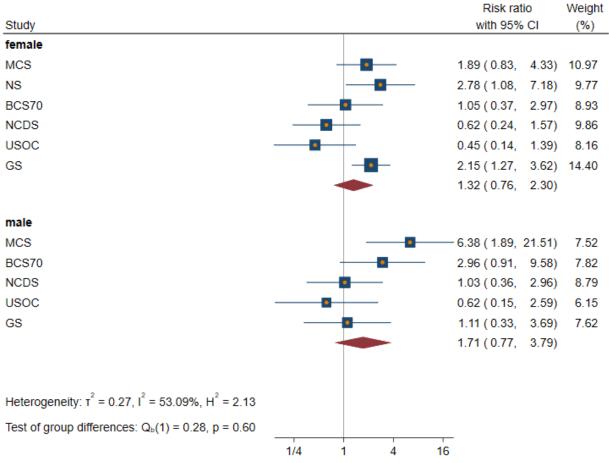
Figure set 32: From 6/9h a night to outside 'normal range'

### From 6/9h a night to outside 'normal range Furloughed vs. Stable employed

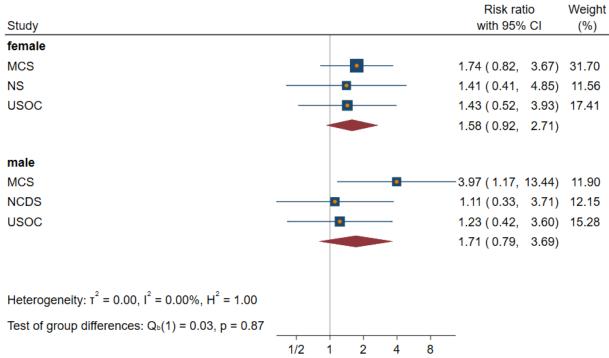


Random-effects REML model

From 6/9h a night to outside 'normal range No longer employed vs. Stable employed

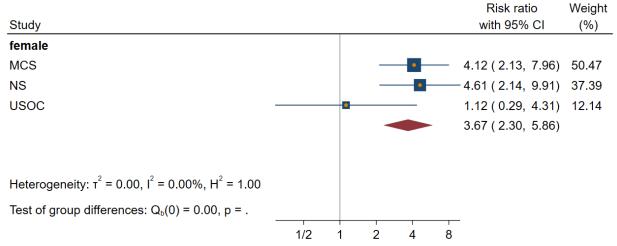


# From 6/9h a night to outside 'normal range Stable unemployed vs. Stable employed



Random-effects REML model

#### From 6/9h a night to outside 'normal range Became employed vs. Stable employed



Random-effects REML model

From 6/9h a night to outside 'normal range Stable non-employed vs. Stable employed

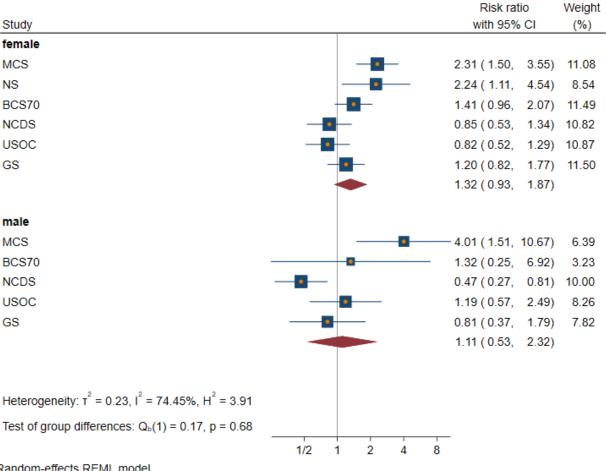
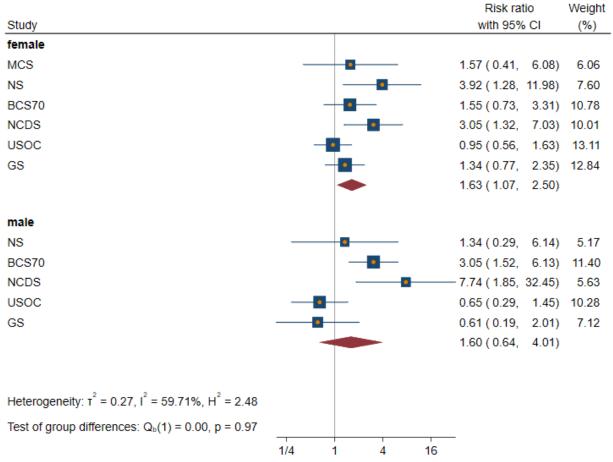


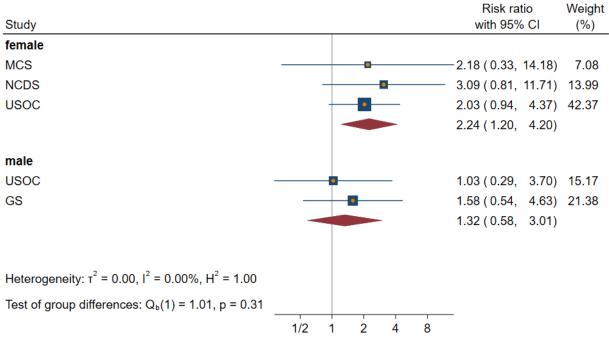
Figure set 33: From outside 'normal range' to 6/9h a night

From outside 'normal range' to 6/9h a night Furloughed vs. Stable employed

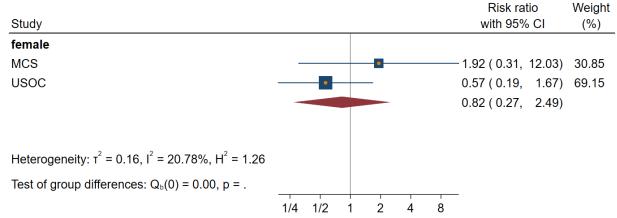


Random-effects REML model

# From outside 'normal range' to 6/9h a night No longer employed vs. Stable employed

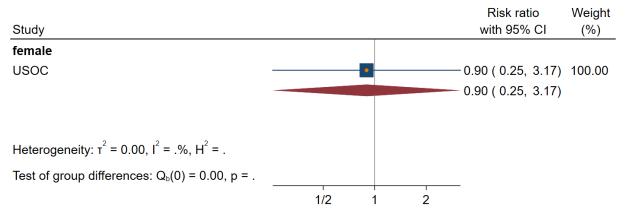


# From outside 'normal range' to 6/9h a night Stable unemployed vs. Stable employed



Random-effects REML model

### From outside 'normal range' to 6/9h a night Became employed vs. Stable employed



Random-effects REML model

# From outside 'normal range' to 6/9h a night Stable non-employed vs. Stable employed

