

Supplementary Materials

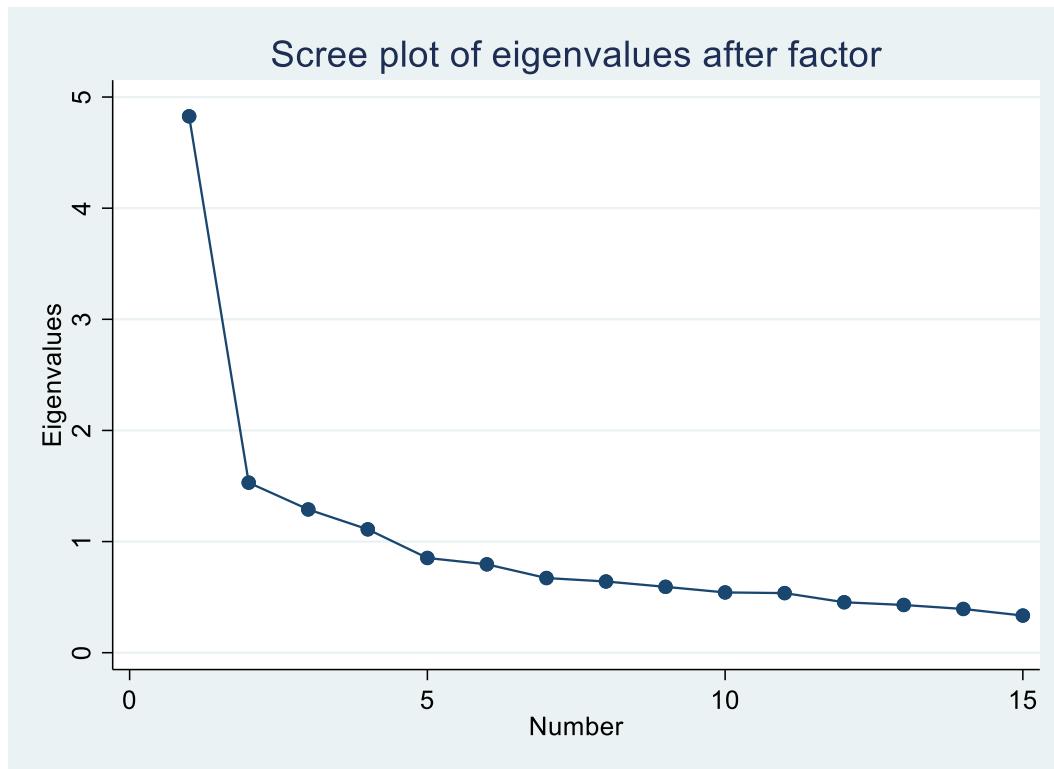
Supplementary Table 1. Inter-item correlations between Liverpool Jetlag Scale items and item-total correlations with total jetlag (Spearman's rho; N=460).

Scale item	Ease of getting to sleep (2a)	Time of getting to sleep (2b)	Sleep quality (2c)	Wake time (2d)	Alertness (2e)	Fatigue (3)	Hunger before meal (4a)	Palatability of meal (4b)	Satiety after meal (4c)	Concentration (5a)	Motivation (5b)	Irritability (5c)	Frequency of bowel motions (6a)	Consistency of bowel motions (6b)	Total jetlag (all items)
Jetlag rating (1)	0.26	0.27	0.28	0.26	0.31	0.34	0.20	0.14	0.13	0.42	0.26	0.12	0.10	0.09	0.59
Ease of getting to sleep (2a)	1.00	0.48	0.39	0.31	0.28	0.30	0.25	0.19	0.13	0.22	0.19	0.19	0.16	0.14	0.58
Time of getting to sleep (2b)		1.00	0.26	0.39	0.26	0.28	0.27	0.19	0.14	0.21	0.23	0.12	0.12	0.12	0.54
Waking episodes (2c)			1.00	0.45	0.33	0.36	0.28	0.19	0.19	0.25	0.27	0.19	0.24	0.19	0.60
Wake time (2d)				1.00	0.32	0.29	0.17	0.10	0.12	0.23	0.17	0.11	0.20	0.22	0.55
Alertness (2e)					1.00	0.48	0.30	0.15	0.24	0.41	0.35	0.24	0.23	0.18	0.58
Fatigue (3)						1.00	0.36	0.20	0.22	0.45	0.50	0.29	0.21	0.18	0.64

Scale item	Ease of getting to sleep (2a)	Time of getting to sleep (2b)	Sleep quality (2c)	Wake time (2d)	Alertness (2e)	Fatigue (3)	Hunger before meal (4a)	Palatability of meal (4b)	Satiety after meal (4c)	Concentration (5a)	Motivation (5b)	Irritability (5c)	Frequency of bowel motions (6a)	Consistency of bowel motions (6b)	Total jetlag (all items)
Hunger (4a)							1.00	0.38	0.36	0.29	0.38	0.22	0.30	0.26	0.57
Palatability (4b)								1.00	0.40	0.22	0.28	0.24	0.23	0.24	0.43
Satiety (4c)									1.00	0.21	0.29	0.21	0.23	0.23	0.39
Concentration (5a)										1.00	0.49	0.19	0.30	0.23	0.59
Motivation (5b)											1.00	0.38	0.27	0.21	0.58
Irritability (5c)												1.00	0.19	0.18	0.39
Frequency of bowel motions (6a)													1.00	0.60	0.49
Consistency of bowel motions (6b)														1.00	0.44

Note: Correlations are rounded to 2 decimal places. Correlations between items assessing the same domain of symptoms are shaded.

Supplementary Figure 1. Scree plot from factor analysis using principal components.



Supplementary Table 2. Correlations between jetlag and vitality, presence of any anxiety, and the different types of anxiety (N=460).

Correlation with total Liverpool jetlag score		
Measure	Spearman's rho	p-value
Vitality	-0.47	<0.001
Any anxiety	0.28	<0.001
Flying anxiety	0.27	<0.001
Situation anxiety	0.22	<0.001
Anxiety or distress symptoms before flight	0.10	0.034
Anxiety or distress symptoms during flight	0.16	<0.001
Anxiety or distress symptoms after flight	0.13	0.005