|  |  |  |  |
| --- | --- | --- | --- |
|  | **Start of swing** | **Middle of swing** | **End of swing** |
| **Summer** | 89±14 | 86±14 | 83±15 |
| **Winter** | 81±9 | 81±10 | 79±8 |

**Table S1.** Mean heart rate (bpm) in summer and winter over the course of an 11-h shift on each day of the swing.