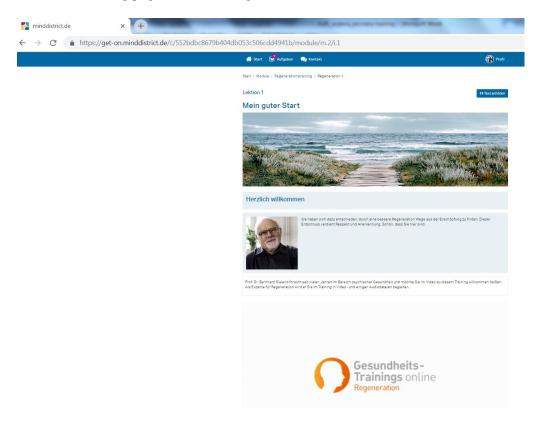
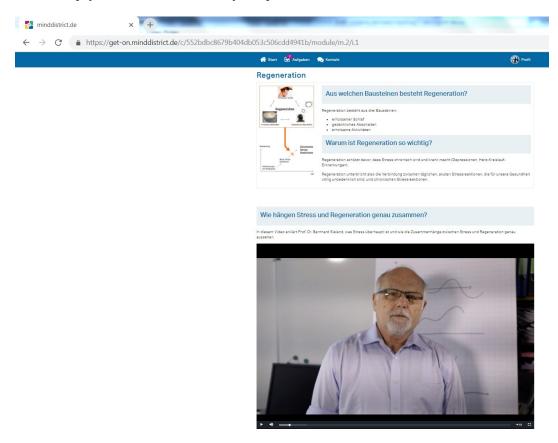
Supplemental material

Screenshots of the intervention

Picture 1: Starting page of the training



Picture 2: psychoeducation on healthy sleep



Picture 3: boundary tactics to support mental detachment from work

