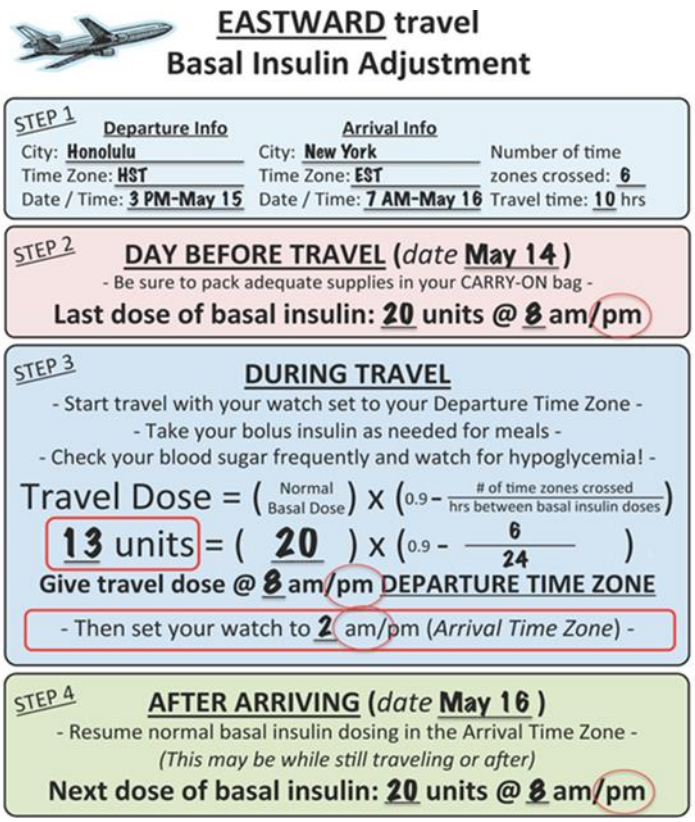
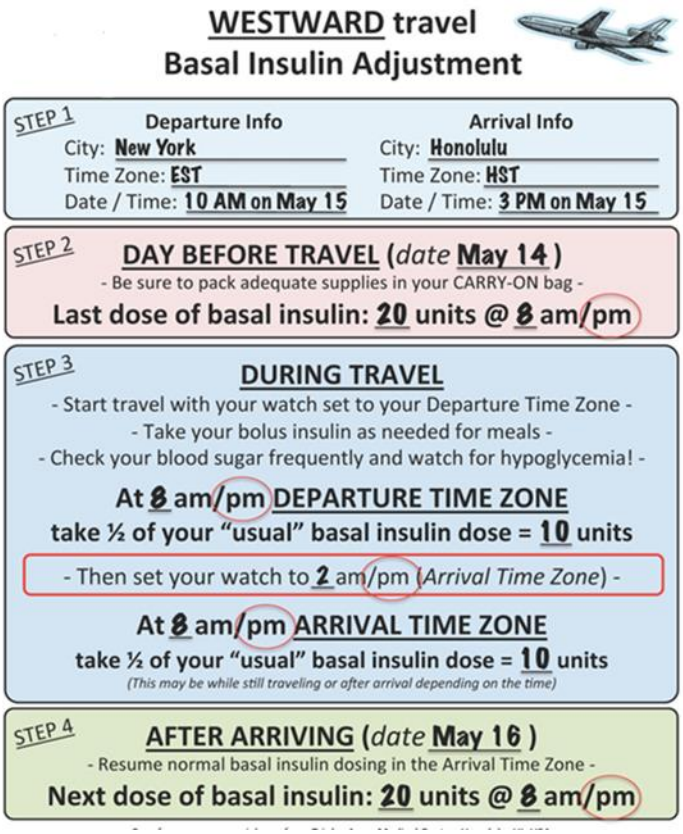


Supplemental Figure 1: Glargine insulin adjustment for Eastward travel



Supplemental Figure 2: Glargine insulin adjustment for Westward Travel

Supplemental Table 1: Results for sleep variable at each destination, New York or Hawaii

Destination	**Sleep Efficiency (SE %)**	**Total Sleep Time (TST) (minutes)**	**Wake after sleep onset (minutes)**	**Sleep fragmenta -tion index**	**Number of Awakenings**	**Average length of time (minutes) of awakenings**
New York	92 (90, 95)*	489 (390,572) **	36 (28, 55)	23 (14, 33)	15 (12,21)	2.6 (1.8, 3.0)
Hawaii	89 (86, 94)	398 (337, 422)	48 (27, 62)	22 (16, 33)	16 (10,22)	2.6 (2.0, 3.8)

Median (IQR) *$p<0.05$, **$p<0.001$ comparing destinations