

SUPPLEMENTARY DATA

Formula for calculation of the individual time of departure at home

The time of departure at home was assessed retrospectively and individually for each participant. The timespan between departure at home until the start of the driving experiment (at 10:00AM) was calculated according to the following formula: **XXmin.** (individual driving time from the participants' home to the hospital, data retrieved from google maps (1) + **4min.** (traffic related delay) + **30min.** (meeting the participant in the car, completing a questionnaire and measuring capillary BG). This individually calculated timespan indicates how many minutes before the start of the real driving experiment (starting at 10:00AM) our participants left at home.

References

1. Google LLC APMV, CA 94043, USA. Google Maps. 2018.