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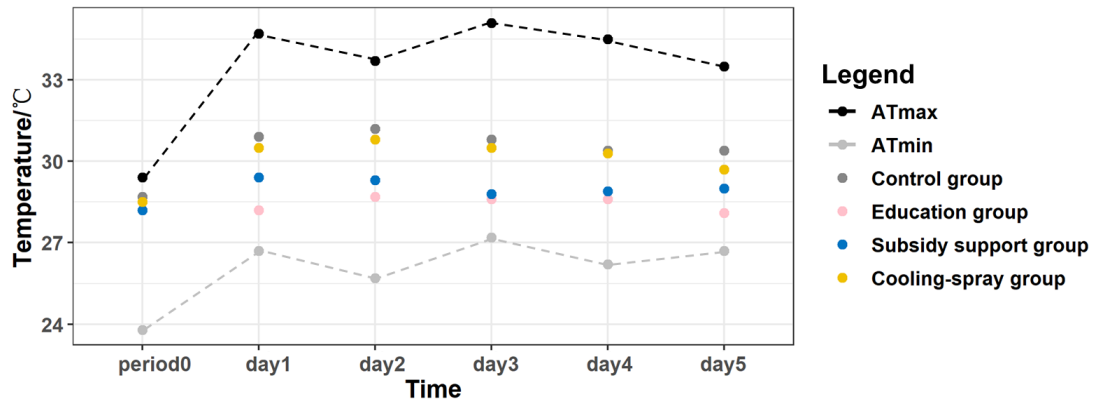
## Supporting Information

**Table S1. Ambient and individual temperature of four groups in each period**

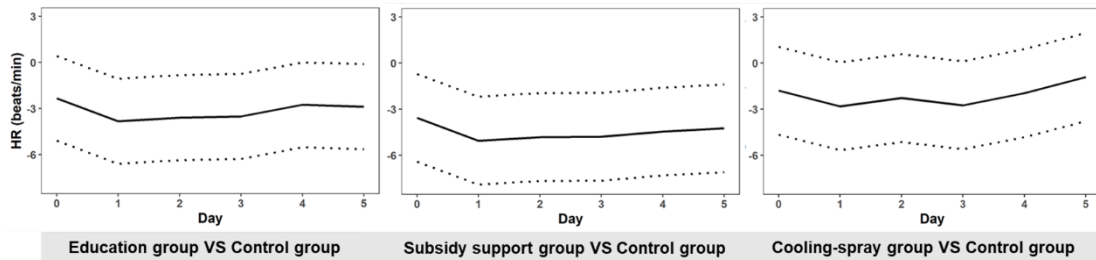
	Period 0	Day 1	Day 2	Day 3	Day 4	Day 5
AT <sub>max</sub>	29.4	34.7	33.7	35.1	34.5	33.5
T <sub>mean1</sub>	28.7	30.9	31.2	30.8	30.4	30.4
T <sub>mean2</sub>	28.5	28.2	28.7**	28.6**	28.6*	28.1**
T <sub>mean3</sub>	28.2	29.4	29.3	28.8**	28.9*	29.0**
T <sub>mean4</sub>	28.5	30.5	30.8	30.5	30.3	29.7

\*T<sub>mean1</sub>, T<sub>mean2</sub>, T<sub>mean3</sub>, and T<sub>mean4</sub> represent the average personal exposure temperature of control group, education group, subsidy support group, and cooling-spray group, respectively; AT<sub>max</sub> means the maximum air temperature of the day, \*p<0.05,

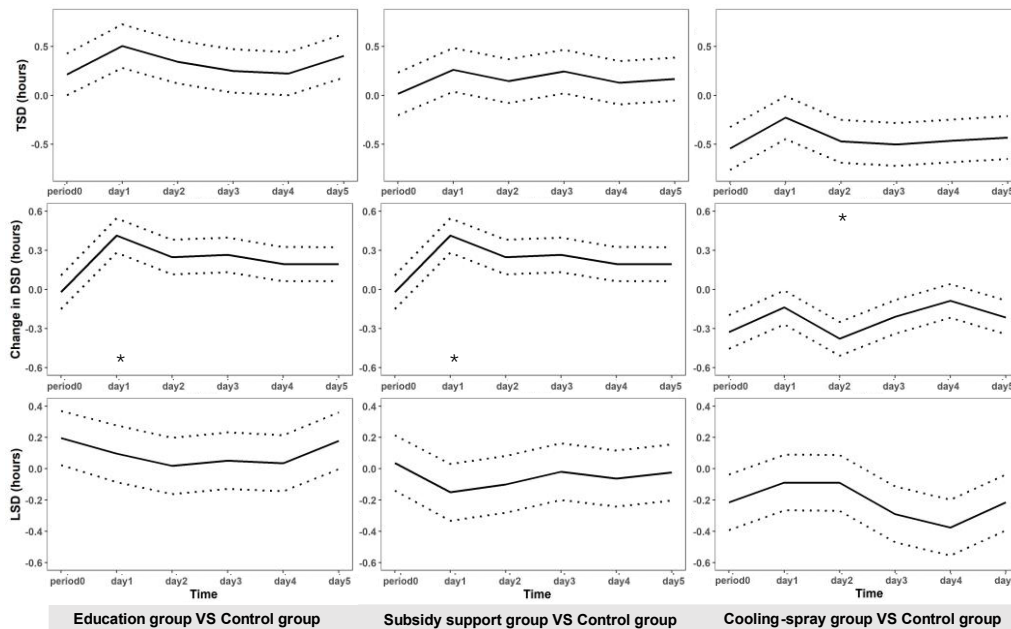
\*\*p<0.01 (compared with control group)



**Figure S1** Air temperature range and average personal exposure temperature



**Figure S2** The difference in heart rate between intervention groups and control group (the dotted lines represent estimate value  $\pm$  SE)



**Figure S3** The difference in sleep duration between intervention groups and control group (\*  $p < 0.05$ , compared with control group, the dotted lines represent estimate value  $\pm$  SE)