

## ENLIGHT Reporting Checklist

Below is the **ENLIGHT Reporting Checklist** for reporting ocular light exposures in human laboratory-based studies. We will strongly encourage that this checklist be used in conjunction with the **ENLIGHT Reporting Guidelines**. This checklist is intended both to help authors, reviewers, and editors in evaluating the completeness of reporting in submitted studies, and for documentation of studies after publication. In the location column, please indicate the page, figure, or table number where the item or description can be found. If an item is not available, please select **"Not available"**. If you consider an item not to be applicable in your specific study design after consulting the guidelines, please select **"Not applicable"**. Items which do not have the option to select "Not applicable" were rated by experts as applicable for all studies, regardless of context. If you are unable to provide the information, please select "Not available".

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### General Information

Author names: \_\_\_\_\_

Title of manuscript: \_\_\_\_\_

Date: \_\_\_\_\_

### A. Study Characteristics

#### A.1. Protocol-level characteristics

	Location (page, figure, table number)	Not available	Not applicable
Description of experimental setting		<input type="checkbox"/>	
Timeline of experiment (including timing and duration of light)		<input type="checkbox"/>	
Pre-laboratory sleep-wake/rest-activity behaviour		<input type="checkbox"/>	<input type="checkbox"/>
Pre-laboratory light exposure		<input type="checkbox"/>	<input type="checkbox"/>
Immediate prior light exposure (in laboratory)		<input type="checkbox"/>	<input type="checkbox"/>

#### A.2. Measurement-level characteristics

Measurement plane (e.g., horizontal or vertical)		<input type="checkbox"/>	
Measurement viewpoint and location		<input type="checkbox"/>	
Type, make and manufacturer of the measurement instrument		<input type="checkbox"/>	
Calibration status of the instrument		<input type="checkbox"/>	<input type="checkbox"/>

#### A.3. Participant-level characteristics

Ocular health and functioning		<input type="checkbox"/>	
Pupil size and/or dilation		<input type="checkbox"/>	<input type="checkbox"/>
Relative time (e.g. to circadian phase or sleep)		<input type="checkbox"/>	<input type="checkbox"/>

## B. Light characteristics

### B.1. Light source type(s). Please select all that are relevant.

Room illumination (overhead or other)	Emissive surfaces including displays (incl. light therapy devices)	Wearable light emitting glasses	Ganzfeld exposure	Other: _____
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Polychromatic light <input type="checkbox"/>		Monochromatic or narrowband light <input type="checkbox"/>		

	Location (page, figure, table number)	Not available	Not applicable
Type, make and manufacturer of the light source		<input type="checkbox"/>	
Use of wearable filtering apparatus (e.g., blue-blocking glasses)		<input type="checkbox"/>	<input type="checkbox"/>

### B.2. Light level characteristics

Illuminance (lux) and/or luminance (cd/m <sup>2</sup> )		<input type="checkbox"/>	
Spectral irradiance and/or radiance distribution		<input type="checkbox"/>	<input type="checkbox"/>
$\alpha$ -opic irradiance and/or radiance (including melanopic)		<input type="checkbox"/>	<input type="checkbox"/>
$\alpha$ -opic equivalent daylight illuminance and/or luminance (EDI/EDL, including melanopic)		<input type="checkbox"/>	<input type="checkbox"/>

**NOTE:** luminance and radiance metrics (as opposed to illuminance and irradiance) are mainly relevant for emissive surfaces.

### B.3. Colour characteristics

Peak wavelength and bandwidth		<input type="checkbox"/>	<input type="checkbox"/>
Colour appearance quantities (any)		<input type="checkbox"/>	<input type="checkbox"/>
Colour rendering metrics (any)		<input type="checkbox"/>	<input type="checkbox"/>

**NOTE:** peak wavelength and bandwidth are most relevant for monochromatic or narrowband light sources.

### B.4. Temporal and spatial characteristics

Location of stimulus and viewing distance		<input type="checkbox"/>	
Temporal pattern (including flash frequency and waveform)		<input type="checkbox"/>	<input type="checkbox"/>
Relative or absolute size of the stimulus		<input type="checkbox"/>	<input type="checkbox"/>