

ENLIGHT Checklist

General Information

Author names:

Date:

Title of manuscript:

Below is the **ENLIGHT 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 Explanation & Elaboration (E&E) document**. 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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A.1. Protocol-level characteristics			
A. I. I Totogor lovel enaracteriotics	Location (page, figure, table number)	Not available	Not applicable
Description of experimental setting			
Timeline of experiment (including timing and duration of light)			
Pre-laboratory sleep-wake/rest-activity behaviour			
Pre-laboratory light exposure			
Immediate prior light exposure (in laboratory)			
A.2. Measurement-level characteristics			
7 (12) 11104041 01110111 10 701 01141 40101101100			
Measurement plane (e.g., horizontal or vertical)			
Measurement plane (e.g., horizontal or vertical)			
Measurement plane (e.g., horizontal or vertical) Measurement viewpoint and location			
Measurement plane (e.g., horizontal or vertical) Measurement viewpoint and location Type, make and manufacturer of the measurement instrument			
Measurement plane (e.g., horizontal or vertical) Measurement viewpoint and location Type, make and manufacturer of the measurement instrument Calibration status of the instrument			
Measurement plane (e.g., horizontal or vertical) Measurement viewpoint and location Type, make and manufacturer of the measurement instrument Calibration status of the instrument A.3. Participant-level characteristics			



B. Light characteristics

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

	* * * * *					
Room illumination (overhead or other)			earable light Ganzfeld itting glasses exposure		Other:	
Polychromatic light		Monochromatic or narrowband light				
				n (page, figure, le number)	Not available	Not applicable
Type, make and manufac	cturer of the light source					
Use of wearable filtering apparatus (e.g., blue-blocking glasses)						
B.2. Light leve	el characteristics				_	
Illuminance (lux) and/or	luminance (cd/m²)					
Spectral irradiance and/or radiance distribution						
α-opic irradiance and/or	radiance (including melano	pic)				
α-opic equivalent daylight illuminance and/or luminance (EDI/EDL, including melanopic)						
NOTE: Luminance and radiance	e metrics (as opposed to illuminanc	e and irradiance)	are mainly	relevant for emissive s	surfaces.	
B.3. Colour cl	haracteristics					
Peak wavelength and ba	ndwidth					
Colour appearance quan	tities (any)					
Colour rendering metrics	(any)					
NOTE: Peak wavelength and ba	andwidth are most relevant for mond	ochromatic or nar	rowband ligh	nt sources.		•
B.4. Temporal	and spatial characteris	tics				
Location of stimulus and	viewing distance					
Temporal pattern (including flash frequency and waveform)						
Relative or absolute size of the stimulus						