

## **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)  | Emissive surfaces including displays (incl. light therapy devices) | Wearable<br>emitting gl           |              | Ganzfeld<br>exposure           | Other:        |                |
|--|--|-----------------------------------|--------------|--------------------------------|---------------|----------------|
| Polychromatic light  |  | Monochromatic or narrowband light |              |                                |               |                |
|  |  |                                   |              |                                |               |                |
|  |  |                                   |              | n (page, figure,<br>le number) | Not available | Not applicable |
| Type, make and manufac   | turer of the light source  |                                   |              |                                |               |                |
| Use of wearable filtering a  | apparatus (e.g., blue-blockii                                      | ng glasses)                       |              |                                |               |                |
| B.2. Light level   | characteristics  |                                   |              |                                |               |                |
| Illuminance (lux) and/or lu  | uminance (cd/m²)   |                                   |              |                                |               |                |
| Spectral irradiance and/o  | r radiance distribution  |                                   |              |                                |               |                |
| α-opic irradiance and/or radiance (including melanopic)                                |  |                                   |              |                                |               |                |
| α–opic equivalent daylight illuminance and/or luminance (EDI/EDL, including melanopic) |  |                                   |              |                                |               |                |
| NOTE: Luminance and radiance   | metrics (as opposed to illuminance                                 | e and irradiance                  | ) are mainly | relevant for emissive s        | surfaces.     |                |
| B.3. Colour ch   | aracteristics  |                                   |              |                                |               |                |
| Peak wavelength and ban  | ndwidth  |                                   |              |                                |               |                |
| Colour appearance quant  | ities (any)  |                                   |              |                                |               |                |
| Colour rendering metrics   | (any)  |                                   |              |                                |               |                |
| NOTE: Peak wavelength and bar  | ndwidth are most relevant for mono                                 | chromatic or nai                  | rowband ligh | ht sources.                    | •             |                |
| B.4. Temporal  | and spatial characteris  | tics                              |              |                                |               |                |
| Location of stimulus and v   | viewing distance   |                                   |              |                                |               |                |
| Temporal pattern (includir   | ng flash frequency and wav   | eform)                            |              |                                |               |                |
| Relative or absolute size of the stimulus  |  |                                   |              |                                |               |                |