Figure 1 | Activity patterns, sleep-wake status and blue-light exposure. Visualised are 8 days (7 nights) of activity patterns (purple), sleep-wake status (grey) and blue-light exposure (blue) over 24h binned into 1h epochs. Sleep-wake status was determined by the Respironics Actiwatch Spectrum Pro software and dichotomized into sleep (=0) and wake (=1). Data are taken from *https://doi.org/10.5061/dryad.b8gtht7bh*.