Summary table

Delft, The Netherlands, 52°N, 4.4°E, TZ: Europe/Brussels

Overview

Participants	Participants	**14**	
Participant-days	Participant-days	**117** (8 - 11)	
Days ≥80% complete	Days ≥80% complete	**91** (6 - 9)	
Missing/irregular	Missing/Irregular	**12.0%** (5.0% - 17.0%)	
Photoperiod	Photoperiod	**14h 28m** (11h 31m - 18h 14m)	[1]

Metrics[2]

Dose	D (lx·h)	**17,517** ±21,802 (0 - 131,597)	
Duration above 250 lx	TAT_{250}	**3h 25m** ±2h 3m (0s - 10h 39m)	
Duration within 1-10 lx	TWT_{1-10}	**2h 26m** ±1h 31m (0s - 7h 6m)	
Duration below 1 lx	TBT_1	**10h 32m** ±3h 30m (5h 4m - 1d)	
Period above 250 lx	PAT_{250}	**36m 54s** ±36m 44s (0s - 4h 27m)	
Duration above 1000 lx	TAT_{1000}	**1h 26m** ±1h 13m (0s - 6h 5m)	
First timing above 250 lx	$FLiT_{250}$	**09:16** ±01:27 (05:48 - 14:54)	[1]
Mean timing above 250 lx	$MLiT_{250}$	**14:02** ±01:19 (09:26 - 17:11)	[1]

values show: **mean** ±sd (min - max) and are all based on measurements of melanopic EDI (lx)

[1] Histogram limits are set from 00:00 to 24:00

[2] Metrics are calculated on a by-participant-day basis (n=91) with the exception of IV and IS, which are calculated on a by-participant basis (n=14).

[3] Values were log 10 transformed prior to averaging, with an offset of 0.1, and backtransformed afterwards

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Last timing above 250 lx	$LLiT_{250}$	**19:03** ±02:05 (09:26 - 23:10)		[1]
Brightest 10h midpoint	$M10_{midpoint}$	**14:03** ±01:57 (04:59 - 18:59)		[1]
Darkest 5h midpoint	$L5_{midpoint}$	**02:59** ±00:51 (02:29 - 07:03)		[1]
Brightest 10h mean[3]	$M10_{mean}$ (lx)	**170.0** ±182.7 (0.0 - 1,204.1)		
Darkest 5h mean[3]	$L5_{mean}$ (lx)	**0.0** ±0.0 (0.0 - 0.1)		
Interdaily stability	IS	**0.277** ±0.068 (0.147 - 0.381)		
Intradaily variability	IV	**1.395** ±0.308 (0.842 - 1.853)		

values show: **mean** ±sd (min - max) and are all based on measurements of melanopic EDI (lx)

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