











## Summary table

Dortmund, Germany, 51.5°N, 7.4°E, TZ: Europe/Berlin

### Overview

Participants	Participants <b>20</b>		
Participant-days	Participant-days <b>153</b> (1 - 8)		
Days ≥80% complete	Days ≥80% complete <b>115</b> (6 - 7)		
Missing/irregular	Missing/Irregular <b>13.0%</b> (7.0% - 64.0%)		
Photoperiod	Photoperiod <b>16h 31m</b> (11h 31m - 18h 13m)		<sup>1</sup>

### Metrics<sup>2</sup>

Dose	D (lx·h) <b>12,325 ±21,523</b> (0 - 144,958)		
Duration above 250 lx	TAT <sub>250</sub> <b>3h 42m ±3h 9m</b> (0s - 15h 29m)		
Duration within 1-10 lx	TWT <sub>1-10</sub> <b>2h 27m ±1h 53m</b> (0s - 10h 18m)		
Duration below 1 lx	TBT <sub>1</sub> <b>10h 19m ±3h 54m</b> (4h 51m - 1d)		
Period above 250 lx	PAT <sub>250</sub> <b>56m 57s ±1h 13m</b> (0s - 6h 44m)		
Duration above 1000 lx	TAT <sub>1000</sub> <b>1h 37m ±2h 9m</b> (0s - 14h 4m)		
First timing above 250 lx	FLiT <sub>250</sub> <b>08:50 ±02:25</b> (00:43 - 16:49)		<sup>1</sup>
Mean timing above 250 lx	MLiT <sub>250</sub> <b>13:51 ±01:52</b> (09:17 - 19:35)		<sup>1</sup>

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

<sup>1</sup> Histogram limits are set from 00:00 to 24:00

<sup>2</sup> Metrics are calculated on a by-participant-day basis (n=115) with the exception of IV and IS, which are calculated on a by-participant basis (n=20).

<sup>3</sup> 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 <sub>250</sub>	<b>19:27</b> ±02:17 (10:40 - 22:56)		<sup>1</sup>
Brightest 10h midpoint	M10 <sub>midpoint</sub>	<b>13:24</b> ±02:34 (04:59 - 18:59)		<sup>1</sup>
Darkest 5h midpoint	L5 <sub>midpoint</sub>	<b>03:01</b> ±02:55 (00:18 - 23:32)		<sup>1</sup>
Brightest 10h mean <sup>3</sup>	M10 <sub>mean</sub> (lx)	<b>320.2</b> ±1,032.6 (0.0 - 9,111.6)		
Darkest 5h mean <sup>3</sup>	L5 <sub>mean</sub> (lx)	<b>0.0</b> ±0.0 (0.0 - 0.1)		
Interdaily stability	IS	<b>0.264</b> ±0.078 (0.158 - 0.414)		
Intradaily variability	IV	<b>1.335</b> ±0.414 (0.415 - 1.814)		

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

<sup>1</sup> Histogram limits are set from 00:00 to 24:00

<sup>2</sup> Metrics are calculated on a by-participant-day basis (n=115) with the exception of IV and IS, which are calculated on a by-participant basis (n=20).

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