











Summary table

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

Overview

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

Metrics²

Dose	D (lx·h)	12,325 ±21,523 (0 - 144,958)	
Duration above 250 lx	TAT ₂₅₀	3h 42m ±3h 9m (0s - 15h 29m)	
Duration within 1-10 lx	TWT ₁₋₁₀	2h 27m ±1h 53m (0s - 10h 18m)	
Duration below 1 lx	TBT ₁	10h 19m ±3h 54m (4h 51m - 1d)	
Period above 250 lx	PAT ₂₅₀	56m 57s ±1h 13m (0s - 6h 44m)	
Duration above 1000 lx	TAT ₁₀₀₀	1h 37m ±2h 9m (0s - 14h 4m)	
First timing above 250 lx	FLiT ₂₅₀	08:50 ±02:25 (00:43 - 16:49)	 ¹
Mean timing above 250 lx	MLiT ₂₅₀	13:51 ±01:52 (09:17 - 19:35)	 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=115) with the exception of IV and IS, which are calculated on a by-participant basis (n=20).

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

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

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