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

Overview

Participants	Participants	**1**	
Participant-days	Participant-days	**8** (8 - 8)	
Days ≥80% complete	Days ≥80% complete	**6** (6 - 6)	
Missing/irregular	Missing/Irregular	**14.0%** (14.0% - 14.0%)	
Photoperiod	Photoperiod	**13h 32s** (12h 46m - 13h 14m)	[1]

Metrics[2]

Dose	D (lx·h)	**37** ±90 (0 - 221)	
Duration above 250 lx	TAT_{250}	**2m 40s** ±6m 31s (0s - 16m)	
Duration within 1-10 lx	TWT_{1-10}	**13m 15s** ±32m 27s (0s - 1h 19m)	
Duration below 1 lx	TBT_1	**23h 38m** ±52m 11s (21h 52m - 1d)	
Period above 250 lx	PAT_{250}	**2m 33s** ±6m 15s (0s - 15m 20s)	
Duration above 1000 lx	TAT_{1000}	**0s** ±0s (0s - 0s)	
First timing above 250 lx	$FLiT_{250}$	**07:51** (07:51 - 07:51)	[1]
Mean timing above 250 lx	$MLiT_{250}$	**09:17** (09:17 - 09:17)	[1]
Last timing above 250 lx	$LLiT_{250}$	**13:07** (13:07 - 13:07)	[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=6) with the exception of IV and IS, which are calculated on a by-participant basis (n=1).

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

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Brightest 10h midpoint	$M10_{midpoint}$	**05:52** ±02:07 (04:59 - 10:12)	[1]
Darkest 5h midpoint	$L5_{midpoint}$	**02:29** ±00:00 (02:29 - 02:29)	[1]
Brightest 10h mean[3]	$M10_{mean}$ (lx)	**0.0** ±0.1 (0.0 - 0.2)	
Darkest 5h mean[3]	$L5_{mean}$ (lx)	**0.0** ±0.0 (0.0 - 0.0)	
Interdaily stability	IS	**0.158** (0.158 - 0.158)	
Intradaily variability	IV	**1.787** (1.787 - 1.787)	

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

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