











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} | 13:23 ±02:33 (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) | 319.8 ±1,032.7 (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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