












## Summary table

Tübingen, Germany (48.5°N, 9.1°E), TZ: Europe/Berlin

### Overview

Participants	<b>26</b>		
Participant-days	<b>208</b>		
Days ≥80% complete	<b>156</b>		
Missing/irregular	<b>13.28%</b> (12.44% - 14.35%)		
Photoperiod	<b>12h 32m</b> (10h 27m - 15h 35m)		<sup>1</sup>

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

Dose	D (lx·h)	<b>7,475</b> ±9,743 (173 - 68,218)		
Duration above 250 lx	TAT <sub>250</sub>	<b>2h 44m</b> ±2h 32m (0s - 10h 38m)		
Duration within 1-10 lx	TWT <sub>1-10</sub>	<b>3h 45m</b> ±2h 32m (33m - 16h)		
Duration below 1 lx	TBT <sub>1</sub>	<b>9h 17m</b> ±2h 24m (12m 50s - 17h 46m)		
Period above 250 lx	PAT <sub>250</sub>	<b>35m 19s</b> ±40m 46s (0s - 4h 14m)		
Duration above 1000 lx	TAT <sub>1000</sub>	<b>1h 3m</b> ±1h 18m (0s - 6h 52m)		
First timing above 250 lx	FLiT <sub>250</sub>	<b>09:09</b> ±02:33 (00:07 - 15:01)		<sup>1</sup>
Mean timing above 250 lx	MLiT <sub>250</sub>	<b>13:26</b> ±01:41 (08:03 - 17:48)		<sup>1</sup>
Last timing above 250 lx	LLiT <sub>250</sub>	<b>18:30</b> ±02:43 (11:09 - 23:59)		<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=156) with the exception of IV and IS, which are calculated on a by-participant basis (n=26).

<sup>3</sup> 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 <sub>midpoint</sub>	<b>13:49</b> ±01:34 (09:32 - 18:59)		<sup>1</sup>
Darkest 5h midpoint	L5 <sub>midpoint</sub>	<b>03:21</b> ±01:42 (02:00 - 20:54)		<sup>1</sup>
Brightest 10h mean <sup>3</sup>	M10 <sub>mean</sub> (lx)	<b>149.7</b> ±208.2 (2.1 - 1,161.4)		
Darkest 5h mean <sup>3</sup>	L5 <sub>mean</sub> (lx)	<b>0.0</b> ±0.2 (0.0 - 2.1)		
Interdaily stability	IS	<b>0.329</b> ±0.101 (0.170 - 0.508)		
Intradaily variability	IV	<b>1.158</b> ±0.377 (0.518 - 1.871)		

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

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