











Summary table

Munich, Germany (48.1°N, 11.6°E), TZ: Europe/Berlin

Overview

Participants	10		
Participant-days	80		
Days ≥80% complete	60		
Missing/irregular	15.23% (11.55% - 17.27%)		
Photoperiod	17h 5m (16h 21m - 17h 27m)		¹

Metrics²

Dose	D (lx·h)	9,364 ±10,369 (234 - 53,368)		
Duration above 250 lx	TAT ₂₅₀	3h 15m ±2h 37m (0s - 10h 2m)		
Duration within 1-10 lx	TWT ₁₋₁₀	3h 14m ±1h 38m (22m 50s - 8h 17m)		
Duration below 1 lx	TBT ₁	8h 13m ±2h 29m (2h 16m - 15h 9m)		
Period above 250 lx	PAT ₂₅₀	54m 2s ±1h 7m (0s - 4h 53m)		
Duration above 1000 lx	TAT ₁₀₀₀	1h 8m ±1h 17m (0s - 5h 24m)		
First timing above 250 lx	FLiT ₂₅₀	08:53 ±03:27 (00:00 - 16:30)		¹
Mean timing above 250 lx	MLiT ₂₅₀	14:13 ±02:04 (10:03 - 18:25)		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=60) with the exception of IV and IS, which are calculated on a by-participant basis (n=10).

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	20:23 ±02:09 (13:28 - 23:59)		¹
Brightest 10h midpoint	M10 _{midpoint}	14:34 ±02:16 (10:28 - 18:59)		¹
Darkest 5h midpoint	L5 _{midpoint}	03:18 ±01:14 (00:51 - 07:47)		¹
Brightest 10h mean ³	M10 _{mean} (lx)	160.1 ±165.3 (7.8 - 706.5)		
Darkest 5h mean ³	L5 _{mean} (lx)	0.1 ±0.2 (0.0 - 1.4)		
Interdaily stability	IS	0.242 ±0.061 (0.143 - 0.341)		
Intradaily variability	IV	1.394 ±0.426 (0.719 - 1.971)		

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

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