Table 1: Summary table

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

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| **Overview** | | | |
| Participants |  | <strong>10</strong> |  |
| Participant-days |  | <strong>80</strong> |  |
| Days ≥80% complete |  | <strong>60</strong> |  |
| Missing/irregular |  | <strong>15.23%</strong> (11.55% - 17.27%) |  |
| Photoperiod |  | <strong>17h 5m</strong> (16h 21m - 17h 27m) | *1* |
| **Metrics*2*** | | | |
| Dose | D (lx·h) | <strong>9,364</strong> ±10,369 (234 - 53,368) |  |
| Duration above 250 lx | TAT250 | <strong>3h 15m</strong> ±2h 37m (0s - 10h 2m) |  |
| Duration within 1-10 lx | TWT1–10 | <strong>3h 14m</strong> ±1h 38m (22m 50s - 8h 17m) |  |
| Duration below 1 lx | TBT1 | <strong>8h 13m</strong> ±2h 29m (2h 16m - 15h 9m) |  |
| Period above 250 lx | PAT250 | <strong>54m 2s</strong> ±1h 7m (0s - 4h 53m) |  |
| Duration above 1000 lx | TAT1000 | <strong>1h 8m</strong> ±1h 17m (0s - 5h 24m) |  |
| First timing above 250 lx | FLiT250 | <strong>08:53</strong> ±03:27 (00:00 - 16:30) | *1* |
| Mean timing above 250 lx | MLiT250 | <strong>14:13</strong> ±02:04 (10:03 - 18:25) | *1* |
| Last timing above 250 lx | LLiT250 | <strong>20:23</strong> ±02:09 (13:28 - 23:59) | *1* |
| Brightest 10h midpoint | M10midpoint | <strong>14:34</strong> ±02:16 (10:28 - 18:59) | *1* |
| Darkest 5h midpoint | L5midpoint | <strong>03:18</strong> ±01:14 (00:51 - 07:47) | *1* |
| Brightest 10h mean*3* | M10mean (lx) | <strong>160.1</strong> ±165.3 (7.8 - 706.5) |  |
| Darkest 5h mean*3* | L5mean (lx) | <strong>0.1</strong> ±0.2 (0.0 - 1.4) |  |
| Interdaily stability | IS | <strong>0.242</strong> ±0.061 (0.143 - 0.341) |  |
| Intradaily variability | IV | <strong>1.394</strong> ±0.426 (0.719 - 1.971) |  |
| 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 | | | |