











Summary table

San Pedro, San José, Costa Rica (9.9°N, 84.1°E), TZ: America/Costa_Rica

Overview

Participants	38		
Participant-days	304		
Days ≥80% complete	229		
Missing/irregular	14.07% (7.81% - 18.75%)		
Photoperiod	13h 17m (12h 56m - 13h 28m)		¹

Metrics²

Dose	D (lx·h)	9,142 ±9,773 (188 - 71,715)		
Duration above 250 lx	TAT ₂₅₀	2h 50m ±2h 7m (40s - 9h 7m)		
Duration within 1-10 lx	TWT ₁₋₁₀	2h 56m ±1h 46m (6m 20s - 10h 8m)		
Duration below 1 lx	TBT ₁	10h 6m ±2h 33m (2h 41m - 21h 44m)		
Period above 250 lx	PAT ₂₅₀	32m 24s ±32m 21s (10s - 4h 27m)		
Duration above 1000 lx	TAT ₁₀₀₀	1h 17m ±1h 17m (0s - 6h 10m)		
First timing above 250 lx	FLiT ₂₅₀	07:33 ±02:09 (00:01 - 12:08)		¹
Mean timing above 250 lx	MLiT ₂₅₀	12:08 ±01:28 (06:14 - 16:14)		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=229) with the exception of IV and IS, which are calculated on a by-participant basis (n=38).

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	18:06 ±02:41 (07:46 - 23:51)		¹
Brightest 10h midpoint	M10 _{midpoint}	13:00 ±01:51 (05:38 - 18:59)		¹
Darkest 5h midpoint	L5 _{midpoint}	03:15 ±03:20 (00:07 - 23:55)		¹
Brightest 10h mean ³	M10 _{mean} (lx)	117.8 ±142.4 (0.1 - 883.4)		
Darkest 5h mean ³	L5 _{mean} (lx)	0.0 ±0.1 (0.0 - 1.2)		
Interdaily stability	IS	0.290 ±0.069 (0.159 - 0.450)		
Intradaily variability	IV	1.228 ±0.319 (0.470 - 1.888)		

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

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