Table 1: Summary table

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

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| **Overview** | | | |
| Participants |  | <strong>38</strong> |  |
| Participant-days |  | <strong>304</strong> |  |
| Days ≥80% complete |  | <strong>229</strong> |  |
| Missing/irregular |  | <strong>14.07%</strong> (7.81% - 18.75%) |  |
| Photoperiod |  | <strong>13h 17m</strong> (12h 56m - 13h 28m) | *1* |
| **Metrics*2*** | | | |
| Dose | D (lx·h) | <strong>9,142</strong> ±9,773 (188 - 71,715) |  |
| Duration above 250 lx | TAT250 | <strong>2h 50m</strong> ±2h 7m (40s - 9h 7m) |  |
| Duration within 1-10 lx | TWT1–10 | <strong>2h 56m</strong> ±1h 46m (6m 20s - 10h 8m) |  |
| Duration below 1 lx | TBT1 | <strong>10h 6m</strong> ±2h 33m (2h 41m - 21h 44m) |  |
| Period above 250 lx | PAT250 | <strong>32m 24s</strong> ±32m 21s (10s - 4h 27m) |  |
| Duration above 1000 lx | TAT1000 | <strong>1h 17m</strong> ±1h 17m (0s - 6h 10m) |  |
| First timing above 250 lx | FLiT250 | <strong>07:33</strong> ±02:09 (00:01 - 12:08) | *1* |
| Mean timing above 250 lx | MLiT250 | <strong>12:08</strong> ±01:28 (06:14 - 16:14) | *1* |
| Last timing above 250 lx | LLiT250 | <strong>18:06</strong> ±02:41 (07:46 - 23:51) | *1* |
| Brightest 10h midpoint | M10midpoint | <strong>13:00</strong> ±01:51 (05:38 - 18:59) | *1* |
| Darkest 5h midpoint | L5midpoint | <strong>03:15</strong> ±03:20 (00:07 - 23:55) | *1* |
| Brightest 10h mean*3* | M10mean (lx) | <strong>117.8</strong> ±142.4 (0.1 - 883.4) |  |
| Darkest 5h mean*3* | L5mean (lx) | <strong>0.0</strong> ±0.1 (0.0 - 1.2) |  |
| Interdaily stability | IS | <strong>0.290</strong> ±0.069 (0.159 - 0.450) |  |
| Intradaily variability | IV | <strong>1.228</strong> ±0.319 (0.470 - 1.888) |  |
| 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 | | | |