

Formulas used:

Lateral ($res_{x,y}^o$) and axial (res_z^o) theoretical resolution values used for widefield microscopes are calculated as defined in Wilhelm, S. Confocal Laser Scanning Microscopy, 2011:

$$res_{x,y}^o = \frac{0.51 \cdot \lambda_{em}}{NA} \quad res_z^o = \frac{1.77 n \cdot \lambda_{em}}{NA^2}$$

NA: numerical aperture, λ_{em} : emission wavelength, n: refractive index of the lens immersion & mounting media.

Axis profiles are fitted using ImageJ Gaussian Curve Fitter and the following formula $y = a + (b - a) * e^{\frac{-(x-c)^2}{2d^2}}$ (Gaussian fitting).

Measured lateral and axial resolution (Full Width at Half Maximum, FWHM) values are derived using $FWHM = 2d\sqrt{2\ln(2)}$

Compliance with the Shannon-Nyquist criterion uses the following formulas for Shannon-Nyquist distances calculation:

$$\alpha = \arcsin\left(\frac{NA}{n}\right)$$

$$\Delta_{x,y} = \frac{\lambda_{em}}{4 \cdot NA} \quad \Delta_z = \frac{\lambda_{em}}{2 \cdot n \cdot (1 - \cos(\alpha))}$$