

*Light Exposure Behavior Assessment (LEBA): Long and Short Form*

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*Light Exposure Behavior Assessment (LEBA): Long and Short Form*

**Disclaimer:** This is a non-public version of LEBA and still a work in progress.

LEBA captures light exposure-related behaviours on a 5 point Likert type scale ranging from 1 to 5 (Never =1; Rarely= 2; Sometimes =3; Often = 4; Always =5). The score of each factor is calculated by the summation of scores of items belonging to the corresponding factor.

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Long Form (23 Items)

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**F1: Blue Filter**

I wear blue-filtering, orange-tinted, and/or red-tinted glasses indoors during the day.

I wear blue-filtering, orange-tinted, and/or red-tinted glasses outdoors during the day.

I wear blue-filtering, orange-tinted, and/or red-tinted glasses within 1 hour before attempting to fall asleep.

**F2: Natural Light**

I spend 30 minutes or less per day (in total) outside.

I spend between 1 and 3 hours per day (in total) outside.

I spend between 30 minutes and 1 hour per day (in total) outside.

I spend more than 3 hours per day (in total) outside.

I spend as much time outside as possible.

I go for a walk or exercise outside within 2 hours after waking up.

**F3: Smart Device**

I use my mobile phone within 1 hour before attempting to fall asleep.

I look at my mobile phone screen immediately after waking up.

I check my phone when I wake up at night.

I look at my smartwatch within 1 hour before attempting to fall asleep.

I look at my smartwatch when I wake up at night.

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Long Form (23 Items)

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**F4: Sleep Environment**

I dim my mobile phone screen within 1 hour before attempting to fall asleep.

I use a blue-filter app on my computer screen within 1 hour before attempting to fall asleep.

I use as little light as possible when I get up during the night.

I dim my computer screen within 1 hour before attempting to fall asleep.

**F5: Electric Light**

I use tunable lights to create a healthy light environment.

I use LEDs to create a healthy light environment.

I use a desk lamp when I do focused work.

I use an alarm with a dawn simulation light.

I turn on the lights immediately after waking up.

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**Short Form (17 Items)**

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**F1: Blue Filter**

I wear blue-filtering, orange-tinted, and/or red-tinted glasses indoors during the day.

I wear blue-filtering, orange-tinted, and/or red-tinted glasses outdoors during the day.

I wear blue-filtering, orange-tinted, and/or red-tinted glasses within 1 hour before attempting to fall asleep.

**F2: Natural Light**

I spend 30 minutes or less per day (in total) outside.

I spend between 1 and 3 hours per day (in total) outside.

I spend more than 3 hours per day (in total) outside.

I spend as much time outside as possible.

I go for a walk or exercise outside within 2 hours after waking up.

**F3: Smart Device**

I use my mobile phone within 1 hour before attempting to fall asleep.

I look at my mobile phone screen immediately after waking up.

I check my phone when I wake up at night.

**F4: Sleep Environment**

I dim my mobile phone screen within 1 hour before attempting to fall asleep.

I use a blue-filter app on my computer screen within 1 hour before attempting to fall asleep.

I dim my computer screen within 1 hour before attempting to fall asleep.

**F5: Electric Light**

I use tunable lights to create a healthy light environment.

I use LEDs to create a healthy light environment.

I use an alarm with a dawn simulation light.

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