**S1 File**

**Light Exposure Behaviour Assessment (LEBA): Long Form**

**Participant’s Instruction**

Please indicate how often you performed the following behaviours in the **past four weeks**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | Items | Never | Rarely | Sometimes | Often | Always |
| 01 | I wear blue-ﬁltering, orange-tinted, and/or red-tinted glasses indoors during the day. |  |  |  |  |  |
| 02 | I wear blue-ﬁltering, orange-tinted, and/or red-tinted glasses outdoors during the day. |  |  |  |  |  |
| 03 | I wear blue-ﬁltering, orange-tinted, and/or red-tinted glasses within 1 hour before attempting to fall asleep. |  |  |  |  |  |
| 04 | I spend 30 minutes or less per day (in total) outside. *(Reverse-scored)* |  |  |  |  |  |
| 05 | I spend between 30 minutes and 1 hour per day (in total) outside. |  |  |  |  |  |
| 06 | I spend between 1 and 3 hours per day (in total) outside. |  |  |  |  |  |
| 07 | I spend more than 3 hours per day (in total) outside. |  |  |  |  |  |
| 08 | I spend as much time outside as possible. |  |  |  |  |  |
| 09 | I go for a walk or exercise outside within 2 hours after waking up. |  |  |  |  |  |
| 10 | I use my mobile phone within 1 hour before attempting to fall asleep. |  |  |  |  |  |
| 11 | I look at my mobile phone screen immediately after waking up. |  |  |  |  |  |
| 12 | I check my phone when I wake up at night. |  |  |  |  |  |
| 13 | I look at my smartwatch within 1 hour before attempting to fall asleep |  |  |  |  |  |
| 14 | I look at my smartwatch when I wake up at night. |  |  |  |  |  |
| 15 | I dim my mobile phone screen within 1 hour before attempting to fall asleep. |  |  |  |  |  |
| 16 | I use a blue-ﬁlter app on my computer screen within 1 hour before attempting to fall asleep. |  |  |  |  |  |
| 17 | I use as little light as possible when I get up during the night. |  |  |  |  |  |
| 18 | I dim my computer screen within 1 hour before attempting to fall asleep. |  |  |  |  |  |
| 19 | I use tunable lights to create a healthy light environment. |  |  |  |  |  |
| 20 | I use LEDs to create a healthy light environment. |  |  |  |  |  |
| 21 | I use a desk lamp when I do focused work. |  |  |  |  |  |
| 22 | I use an alarm with a dawn simulation light. |  |  |  |  |  |
| 23 | I turn on the lights immediately after waking up. |  |  |  |  |  |

**Scoring**

(Note: R = reverse-scored item)

LEBA captures light exposure-related behaviours on a 5-point Likert type scale ranging from 1 to 5 (1 = never; 2 = rarely; 3 = sometimes; 4 = often; 5 = always; for reversed-scored item: 1 = always; 2 = often; 3 = sometimes; 4 = rarely; 5 = never). The score of each factor is calculated by using the mean score of corresponding items.

|  |  |
| --- | --- |
| **Factor Name** | **Score** |
| F1: Wearing blue light ﬁlters | 01+02+03 |
| F2: Spending time outdoors | 04(R)+05+06+07+08+09 |
| F3: Using phone and smartwatch in bed | 10+11+12+13+14 |
| F4: Using light before bedtime | 15+16+17+18 |
| F5: Using light in the morning and during daytime | 19+20+21+22+23 |