Notes from Google Keep:

Woke at 742

Read news on phone for roughly half an hour

Had porridge with tinned peaches for breakfast

Left 915, walk to Tottenham Hale - cloudy/overcast day, but quite bright

930 board underground

Roughly 950 - short walk to UCL from Euston, looks like rain coming

Changed from red glasses to black glasses (thru have a subtle brass coloured interior)

1050 left UCL

Bought lunch and a snack of a raspberry muffin

1100 boarded underground at Euston

1115 arrive Tuffnel Park

5 minute walk (heavy cloud but dry) to PAMELA

Setting up space- under standard house lights (fluorescent?)

Notes from notebook.

(Where a time is followed by a ')' this means that it was written out of order in notebook)

(Where a time is followed by a '~' this means 'roughly')

1145 Switching to written log to avoid screen exposure

1145 Begin adaptation to 'cool white' preset

1150 First run of experiment after 5 mins adaptation. Called (using mobile) to ask Tatsuto for a clock so as to avoid telling time by an emissive clock (phone). From now on will only use phone in emergency.

Plans for rest of day:

Aims:

Test SAPS in controlled environment

- Do different lighting conditions (and assumed different states of chromatic adaptation) influence responses in SAPS?

- How much of the effect is instantaneous vs caused by longer time?

- Is there a mel-high vs mel-low effect (if there's time to test)

1215 Cool white 2

1218 End, change to warm white. Took 3 repeat measurements with UPtrek (after dark calibration). WW seems substantially dimmer than CW.

1223 WW1. Screen of tablet doesn't appear green cast as it did before.

1230 (roughly) Tatsuto does a run of the experiment. I spend a minute adding name in python and changing previous names in excel.

1248 Filled in Health & Safety forms

1248) WW2?

1251 CW lights on

1256 CW3

1252) Started eating lunch - 'superfood salad'

1308 Started reading Olafur Elliasson book

1310 Decided against reading- the pages, whilst achromatic, are subtly yellowed with age, and fill a large area of my vision whilst reading. Opted instead to spend 5 seconds turning on radio on my phone. (Admittedly, the notedbook in which I write this is also slightly yellow)

1318 Tatsuto CW ('yellow + green appear darker')

1321 CW4

1325 3 x spectro (CW) (After dark calibration)

1326 WW on

1332 WW3

1328) Went back through log and realised '1248 WW2' had been missed. I checked excel to see whether the session had been missed and it had not, I must have just forgotten to note it.

1340 Note: Tatsuto had roughly 5 minutes adaptation time

1357 WW4

1400 Fiddling around with the controller to make 'mel-high'

1411 Took 3x mel high spec measurements (and again?)

1440~ Mel high on

1445 Katherine under mel high(1)

1450~ DG Mel High 1

1520 KC MH2 -'aiming more for point where colours come together'

1523 DG MH2. 3x spec MH

1527 CW on (mel low)

1535 KC CW/ML 1

1539 DG CW/ML 1

1557 KC CW/ML 2

1603~ MH lights on

1609 3 x spec measurements

1611 Corrected the time and date on UPtrek

1636 DG MH2 (messed up, excel was open so failed to save)

1645~ Repeat of above, but having stared angrily at a screen for several minutes

1700~ Tatsuto MH