

| Variable | Valid data, n=83 [†] |
|--|-------------------------------|
| Age [years] | 35.70 (17.16) |
| Age group [years] | |
| 18-24 | 30 (36%) |
| 25-34 | 18 (22%) |
| 35-44 | 13 (16%) |
| 45-54 | 9 (11%) |
| 55-64 | 8 (9.6%) |
| >64 | 5 (6.0%) |
| Sex (assigned at birth) | |
| Female | 43 (52%) |
| Male | 40 (48%) |
| Handedness (self-report) | |
| Right | 75 (90%) |
| Left | 7 (8.4%) |
| Both | 1 (1.2%) |
| Uses visual aid | |
| No | 57 (69%) |
| Yes - correction for myopia | 18 (22%) |
| Yes - correction for hyperopia | 8 (9.6%) |
| Wearing contact lenses during trial | |
| No | 67 (81%) |
| Yes | 16 (19%) |
| Body Mass Index (BMI) [kg/m²] | 22.96 (3.47) |
| Midsleep on free days corrected for oversleep [h] | 2.36 (3.27) |
| Hours of sleep before trial [h] | 7.92 (2.48) |
| Average sleep duration [h] | 8.28 (2.37) |
| Estimated acute caffeine consumption [mg] | 66.55 (80.59) |
| Estimated habitual caffeine consumption [mg] | 174.76 (172.64) |
| Iris colour (experimenter-rated) | |
| Blue | 25 (30%) |
| Hazel/green | 17 (20%) |
| Brown | 41 (49%) |
| Weather during trial (experimenter-rated) | |
| Light rain | 9 (11%) |
| Very cloudy | 16 (19%) |
| Cloudy | 14 (17%) |
| Somewhat cloudy | 11 (13%) |
| Sunny | 33 (40%) |
| KSS-assessed sleepiness (during trial) | 3.73 (1.87) |
| KSS-assessed sleepiness (after trial) | 3.19 (1.59) |
| Season | |
| Spring | 7 (8.4%) |
| Summer | 40 (48%) |
| Autumn | 16 (19%) |
| Winter | 20 (24%) |
| [†] Mean (SD); n (%) | |