

Variable	Valid data, n=83 ¹
Age [years]	36.75 (18.05)
Age group [years]	
18-24	30 (34%)
25-34	19 (22%)
35-44	13 (15%)
45-54	10 (11%)
55-64	9 (10%)
>64	6 (6.9%)
Sex (assigned at birth)	
Female	46 (53%)
Male	41 (47%)
Handedness (self-report)	
Right	77 (89%)
Left	8 (9.2%)
Both	2 (2.3%)
Uses visual aid	
No	59 (68%)
Yes - correction for myopia	19 (22%)
Yes - correction for hyperopia	9 (10%)
Wearing contact lenses during trial	
No	69 (79%)
Yes	18 (21%)
Body Mass Index (BMI) [kg/m²]	22.98 (3.61)
Midsleep on free days corrected for oversleep [h]	2.43 (3.23)
Hours of sleep before trial [h]	7.89 (2.44)
Average sleep duration [h]	8.25 (2.32)
Estimated acute caffeine consumption [mg]	68.55 (79.95)
Estimated habitual caffeine consumption [mg]	173.82 (169.53)
Iris colour (experimenter-rated)	
Blue	27 (31%)
Hazel/green	18 (21%)
Brown	42 (48%)
Weather during trial (experimenter-rated)	
Light rain	9 (10%)
Very cloudy	16 (18%)
Cloudy	14 (16%)
Somewhat cloudy	13 (15%)
Sunny	35 (40%)
KSS-assessed sleepiness (during trial)	3.70 (1.86)
KSS-assessed sleepiness (after trial)	3.24 (1.65)
Season	
Spring	8 (9.2%)

¹ Mean (SD); n (%)

Variable	Valid data, n=83 ¹
Summer	41 (47%)
Autumn	18 (21%)
Winter	20 (23%)
¹ Mean (SD); n (%)	