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	Control condition		Therapy lamp		Rel. difference
	Mean	Duration	Mean	Duration	
Pre-light	236 lx	46 minutes	273 lx	46 minutes	+16%
Therapy light	251 lx	56 minutes	2,022 lx	61 minutes	+704%
Post-light	227 lx	45 minutes	315 lx	44 minutes	+38%
Desk (horizontal)	387 lx	1 minute	331 lx	1 minute	-14%
Melanopic EDI dose	607 lx·h	148 minutes	2,487 lx·h	152 minutes	+310%

Note: interruptions from the protocol (e.g. restroom times) were removed.