Participant Information Sheet & Informed Consent

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Participant information

Dear Participant,

   We appreciate your interest in this anonymous online survey run by the Technical University of Munich in Munich, Germany. If you are 18 years of age or older and have sufficient reading and writing skills in English, you are kindly invited to take part. Please read through this information before agreeing to participate.

 Completing the entire survey will take a maximum of 20 minutes.

What is the goal of this study?

We would like to understand people's preferences on wearable light loggers that personal measure exposure to light. To this end, we have prepared a series designs on which we would like to ask you for your feedback.

Is the survey anonymous?

Yes. In this fully anonymous survey, no identifiable personal data will be collected or available (including no IP tracking). At no point will it be possible to link any survey data to a participant. Geographical information will be limited to country of residence and time zone. The survey is implemented on the REDCap platform hosted by the Technical University of Munich (Germany).

How will my data be used and who will have access to my data?

Data will be stored and analysed in fully anonymous form on the REDCap platform hosted by the Technical University of Munich (Germany). Data will be downloaded from the platform and analysed by the study team. Data will be handled in accordance with the General Data Protection Regulation (GDPR). The results of this survey may be presented and published at scientific conferences, workshops and within scientific publications. Data may be shared with international collaborators.

Do I have to take part?

No. Please note that participation is voluntary. If you decide to take part, you may withdraw at any point for any reason by closing the browser window or tab. Participation in the survey will not be compensated. There are no risks or benefits associated with participation, and there are also no direct advantages or disadvantages to the participant as a result of participation. Filling out the full survey is expected to take a maximum of 20 minutes, depending on reading speed. No background knowledge is required. Once you have participated in the survey, you will not be able to withdraw your data since we can no longer identify your dataset.

What type of questions are asked in the survey?

The study consists of an online questionnaire and will be closed upon completion. We will ask questions on the following domains: Age Gender identity and sex assigned at birth Professional situation Country of residence and time zone Whether English is your first language Your views on a series of light loggers (devices that record light exposure) Please remember that all your answers are anonymous and cannot be traced back to you.

Who has reviewed this study?

This project has been reviewed by the Ethics Committee of the Technical University of Munich (2022-286-W-NP). It was determined that no formal ethical approval is necessary.

Who is funding this study?

There is no specific funding source for this study.

Who can I contact if I have questions, concerns or I wish to complain?

The principal researcher of this study is Prof. Dr. Manuel Spitschan.

 If you wish to get in touch, please email: manuel.spitschan@tum.de

  Our sincere thanks for your participation

Manuel Spitschan, PhD

Please note that you may only participate in this survey if you are 18 years of age or older.

If you have read the information above and agree to participate with the understanding that the anonymous data you submit will be processed accordingly, please check the relevant box below to get started.

Please indicate whether you agree to take part.	☐ Yes, I agree to take part.
Please confirm that this is your first time participating in the survey.	☐ I am participating this survey for the first time and I affirm to provide accurate information to the best of my knowledge.

Your demographic information

Some questions in this survey are currently hidden and will only appear depending on the answer given.

Therefore, please answer all questions in the order given to ensure that none of them are missed.

Information about you

Instructions: Please complete the below information.

What is your age in years?

_____
(Exact age in years)

What is your sex?

If you're not sure how to answer, use the sex registered on your official documents, such as passport or driving licence, or whichever answer best describes your sex.

○ Female
○ Male
○ Other

Is your gender the same as the sex you were registered at birth?

If your gender is not the same as the sex recorded on your birth certificate when you were born (for example, you are transgender or non-binary), tick "No".

If you answered no, please enter the term you use to describe your gender in the following text box.

○ Yes
○ No
(This is also voluntary, so you can leave it blank if you prefer.)

Please enter your gender:

_____

Are you a native speaker of English?

○ Yes
○ No

Please select your country of residence and time zone:

○ Aland Islands - Europe/Mariehamn (UTC +02:00)
○ Afghanistan - Asia/Kabul (UTC +04:30)
○ Albania - Europe/Tirane (UTC +01:00)
○ Algeria - Africa/Algiers (UTC +01:00)
○ American Samoa - Pacific/Pago_Pago (UTC -11:00)
○ Andorra - Europe/Andorra (UTC +01:00)
○ Angola - Africa/Luanda (UTC +01:00)
○ Anguilla - America/Anguilla (UTC -04:00)
○ Antarctica - Antarctica/Casey (UTC +11:00)
○ Antarctica - Antarctica/Davis (UTC +07:00)
○ Antarctica - Antarctica/DumontDUrville (UTC +10:00)
○ Antarctica - Antarctica/Mawson (UTC +05:00)
○ Antarctica - Antarctica/McMurdo (UTC +13:00)
○ Antarctica - Antarctica/Palmer (UTC -03:00)
○ Antarctica - Antarctica/Rothera (UTC -03:00)
○ Antarctica - Antarctica/Syowa (UTC +03:00)
○ Antarctica - Antarctica/Troll (UTC)
○ Antarctica - Antarctica/Vostok (UTC +06:00)
○ Antigua and Barbuda - America/Antigua (UTC -04:00)
○ Argentina - America/Argentina/Buenos_Aires (UTC -03:00)
○ Argentina - America/Argentina/Catamarca (UTC -03:00)
○ Argentina - America/Argentina/Cordoba (UTC -03:00)
○ Argentina - America/Argentina/Jujuy (UTC -03:00)
○ Argentina - America/Argentina/La_Rioja (UTC -03:00)
○ Argentina - America/Argentina/Mendoza (UTC -03:00)
○ Argentina - America/Argentina/Rio_Gallegos (UTC -03:00)
○ Argentina - America/Argentina/Salta (UTC -03:00)
○ Argentina - America/Argentina/San_Juan (UTC -03:00)
○ Argentina - America/Argentina/San_Luis (UTC -03:00)
○ Argentina - America/Argentina/Tucuman (UTC -03:00)
○ Argentina - America/Argentina/Ushuaia (UTC -03:00)
○ Armenia - Asia/Yerevan (UTC +04:00)
○ Aruba - America/Aruba (UTC -04:00)
○ Australia - Antarctica/Macquarie (UTC +11:00)
○ Australia - Australia/Adelaide (UTC +10:30)
○ Australia - Australia/Brisbane (UTC +10:00)
○ Australia - Australia/Broken_Hill (UTC +10:30)
○ Australia - Australia/Currie (UTC +11:00)
○ Australia - Australia/Darwin (UTC +09:30)
○ Australia - Australia/Eucla (UTC +08:45)
○ Australia - Australia/Hobart (UTC +11:00)
○ Australia - Australia/Lindeman (UTC +10:00)
○ Australia - Australia/Lord_Howe (UTC +11:00)
○ Australia - Australia/Melbourne (UTC +11:00)
○ Australia - Australia/Perth (UTC +08:00)
○ Australia - Australia/Sydney (UTC +11:00)
○ Austria - Europe/Vienna (UTC +01:00)
○ Azerbaijan - Asia/Baku (UTC +04:00)
○ Bahamas - America/Nassau (UTC -04:00)
○ Bahrain - Asia/Bahrain (UTC +03:00)
○ Bangladesh - Asia/Dhaka (UTC +06:00)
○ Barbados - America/Barbados (UTC -04:00)
○ Belarus - Europe/Minsk (UTC +03:00)
○ Belgium - Europe/Brussels (UTC +01:00)
○ Belize - America/Belize (UTC -06:00)
○ Benin - Africa/Porto-Novo (UTC +01:00)
○ Bermuda - Atlantic/Bermuda (UTC -03:00)
○ Bhutan - Asia/Thimphu (UTC +06:00),Plurinational State of - America/La_Paz (UTC -04:00)
○ Bolivia,Sint Eustatius and Saba - America/Kralendijk (UTC -04:00)
○ Bonaire
○ Bosnia and Herzegovina - Europe/Sarajevo (UTC +01:00)
○ Botswana - Africa/Gaborone (UTC +02:00)
○ Brazil - America/Araguaina (UTC -03:00)

- ◯ Brazil - America/Bahia (UTC -03:00)
- ◯ Brazil - America/Belem (UTC -03:00)
- ◯ Brazil - America/Boa_Vista (UTC -04:00)
- ◯ Brazil - America/Campo_Grande (UTC -04:00)
- ◯ Brazil - America/Cuiaba (UTC -04:00)
- ◯ Brazil - America/Eirunepe (UTC -05:00)
- ◯ Brazil - America/Fortaleza (UTC -03:00)
- ◯ Brazil - America/Maceio (UTC -03:00)
- ◯ Brazil - America/Manaus (UTC -04:00)
- ◯ Brazil - America/Noronha (UTC -02:00)
- ◯ Brazil - America/Porto_Velho (UTC -04:00)
- ◯ Brazil - America/Recife (UTC -03:00)
- ◯ Brazil - America/Rio_Branco (UTC -05:00)
- ◯ Brazil - America/Santarem (UTC -03:00)
- ◯ Brazil - America/Sao_Paulo (UTC -03:00)
- ◯ British Indian Ocean Territory - Indian/Chagos (UTC +06:00)
- ◯ Brunei Darussalam - Asia/Brunei (UTC +08:00)
- ◯ Bulgaria - Europe/Sofia (UTC +02:00)
- ◯ Burkina Faso - Africa/Ouagadougou (UTC)
- ◯ Burundi - Africa/Bujumbura (UTC +02:00)
- ◯ Cambodia - Asia/Phnom_Penh (UTC +07:00)
- ◯ Cameroon - Africa/Douala (UTC +01:00)
- ◯ Canada - America/Atikokan (UTC -05:00)
- ◯ Canada - America/Blanc-Sablon (UTC -04:00)
- ◯ Canada - America/Cambridge_Bay (UTC -06:00)
- ◯ Canada - America/Creston (UTC -07:00)
- ◯ Canada - America/Dawson (UTC -07:00)
- ◯ Canada - America/Dawson_Creek (UTC -07:00)
- ◯ Canada - America/Edmonton (UTC -06:00)
- ◯ Canada - America/Fort_Nelson (UTC -07:00)
- ◯ Canada - America/Glace_Bay (UTC -03:00)
- ◯ Canada - America/Goose_Bay (UTC -03:00)
- ◯ Canada - America/Halifax (UTC -03:00)
- ◯ Canada - America/Inuvik (UTC -06:00)
- ◯ Canada - America/Iqaluit (UTC -04:00)
- ◯ Canada - America/Moncton (UTC -03:00)
- ◯ Canada - America/Nipigon (UTC -04:00)
- ◯ Canada - America/Pangnirtung (UTC -04:00)
- ◯ Canada - America/Rainy_River (UTC -05:00)
- ◯ Canada - America/Rankin_Inlet (UTC -05:00)
- ◯ Canada - America/Regina (UTC -06:00)
- ◯ Canada - America/Resolute (UTC -05:00)
- ◯ Canada - America/St_Johns (UTC -02:30)
- ◯ Canada - America/Swift_Current (UTC -06:00)
- ◯ Canada - America/Thunder_Bay (UTC -04:00)
- ◯ Canada - America/Toronto (UTC -04:00)
- ◯ Canada - America/Vancouver (UTC -07:00)
- ◯ Canada - America/Whitehorse (UTC -07:00)
- ◯ Canada - America/Winnipeg (UTC -05:00)
- ◯ Canada - America/Yellowknife (UTC -06:00)
- ◯ Cape Verde - Atlantic/Cape_Verde (UTC -01:00)
- ◯ Cayman Islands - America/Cayman (UTC -05:00)
- ◯ Central African Republic - Africa/Bangui (UTC +01:00)
- ◯ Chad - Africa/Ndjamena (UTC +01:00)
- ◯ Chile - America/Punta_Arenas (UTC -03:00)
- ◯ Chile - America/Santiago (UTC -03:00)
- ◯ Chile - Pacific/Easter (UTC -05:00)
- ◯ China - Asia/Shanghai (UTC +08:00)
- ◯ China - Asia/Urumqi (UTC +06:00)
- ◯ Christmas Island - Indian/Christmas (UTC +07:00)
- ◯ Cocos (Keeling) Islands - Indian/Cocos (UTC +06:30)
- ◯ Colombia - America/Bogota (UTC -05:00)
- ◯ Comoros - Indian/Comoro (UTC +03:00)
- ◯ Congo - Africa/Brazzaville (UTC +01:00),the Democratic Republic of the - Africa/Kinshasa (UTC +01:00)
- ◯ Congo,the Democratic Republic of the - Africa/Lubumbashi (UTC +02:00)
- ◯ Congo

- ◯ Cook Islands - Pacific/Rarotonga (UTC -10:00)
- ◯ Costa Rica - America/Costa_Rica (UTC -06:00)
- ◯ Croatia - Europe/Zagreb (UTC +01:00)
- ◯ Cuba - America/Havana (UTC -04:00)
- ◯ Curaçao - America/Curacao (UTC -04:00)
- ◯ Cyprus - Asia/Famagusta (UTC +02:00)
- ◯ Cyprus - Asia/Nicosia (UTC +02:00)
- ◯ Czech Republic - Europe/Prague (UTC +01:00)
- ◯ Côte d'Ivoire - Africa/Abidjan (UTC)
- ◯ Denmark - Europe/Copenhagen (UTC +01:00)
- ◯ Djibouti - Africa/Djibouti (UTC +03:00)
- ◯ Dominica - America/Dominica (UTC -04:00)
- ◯ Dominican Republic - America/Santo_Domingo (UTC -04:00)
- ◯ Ecuador - America/Guayaquil (UTC -05:00)
- ◯ Ecuador - Pacific/Galapagos (UTC -06:00)
- ◯ Egypt - Africa/Cairo (UTC +02:00)
- ◯ El Salvador - America/El_Salvador (UTC -06:00)
- ◯ Equatorial Guinea - Africa/Malabo (UTC +01:00)
- ◯ Eritrea - Africa/Asmara (UTC +03:00)
- ◯ Estonia - Europe/Tallinn (UTC +02:00)
- ◯ Ethiopia - Africa/Addis_Ababa (UTC +03:00)
- ◯ Falkland Islands (Malvinas) - Atlantic/Stanley (UTC -03:00)
- ◯ Faroe Islands - Atlantic/Faroe (UTC)
- ◯ Fiji - Pacific/Fiji (UTC +12:00)
- ◯ Finland - Europe/Helsinki (UTC +02:00)
- ◯ France - Europe/Paris (UTC +01:00)
- ◯ French Guiana - America/Cayenne (UTC -03:00)
- ◯ French Polynesia - Pacific/Gambier (UTC -09:00)
- ◯ French Polynesia - Pacific/Marquesas (UTC -09:30)
- ◯ French Polynesia - Pacific/Tahiti (UTC -10:00)
- ◯ French Southern Territories - Indian/Kerguelen (UTC +05:00)
- ◯ Gabon - Africa/Libreville (UTC +01:00)
- ◯ Gambia - Africa/Banjul (UTC)
- ◯ Georgia - Asia/Tbilisi (UTC +04:00)
- ◯ Germany - Europe/Berlin (UTC +01:00)
- ◯ Germany - Europe/Busingen (UTC +01:00)
- ◯ Ghana - Africa/Accra (UTC)
- ◯ Gibraltar - Europe/Gibraltar (UTC +01:00)
- ◯ Greece - Europe/Athens (UTC +02:00)
- ◯ Greenland - America/Danmarkshavn (UTC)
- ◯ Greenland - America/Nuuk (UTC -03:00)
- ◯ Greenland - America/Scoresbysund (UTC -01:00)
- ◯ Greenland - America/Thule (UTC -03:00)
- ◯ Grenada - America/Grenada (UTC -04:00)
- ◯ Guadeloupe - America/Guadeloupe (UTC -04:00)
- ◯ Guam - Pacific/Guam (UTC +10:00)
- ◯ Guatemala - America/Guatemala (UTC -06:00)
- ◯ Guernsey - Europe/Guernsey (UTC)
- ◯ Guinea - Africa/Conakry (UTC)
- ◯ Guinea-Bissau - Africa/Bissau (UTC)
- ◯ Guyana - America/Guyana (UTC -04:00)
- ◯ Haiti - America/Port-au-Prince (UTC -04:00)
- ◯ Holy See (Vatican City State) - Europe/Vatican (UTC +01:00)
- ◯ Honduras - America/Tegucigalpa (UTC -06:00)
- ◯ Hong Kong - Asia/Hong_Kong (UTC +08:00)
- ◯ Hungary - Europe/Budapest (UTC +01:00)
- ◯ Iceland - Atlantic/Reykjavik (UTC)
- ◯ India - Asia/Kolkata (UTC +05:30)
- ◯ Indonesia - Asia/Jakarta (UTC +07:00)
- ◯ Indonesia - Asia/Jayapura (UTC +09:00)
- ◯ Indonesia - Asia/Makassar (UTC +08:00)
- ◯ Indonesia - Asia/Pontianak (UTC +07:00),Islamic Republic of - Asia/Tehran (UTC +03:30)
- ◯ Iran
- ◯ Iraq - Asia/Baghdad (UTC +03:00)
- ◯ Ireland - Europe/Dublin (UTC)
- ◯ Isle of Man - Europe/Isle_of_Man (UTC)

- ◯ Israel - Asia/Jerusalem (UTC +02:00)
- ◯ Italy - Europe/Rome (UTC +01:00)
- ◯ Jamaica - America/Jamaica (UTC -05:00)
- ◯ Japan - Asia/Tokyo (UTC +09:00)
- ◯ Jersey - Europe/Jersey (UTC)
- ◯ Jordan - Asia/Amman (UTC +03:00)
- ◯ Kazakhstan - Asia/Almaty (UTC +06:00)
- ◯ Kazakhstan - Asia/Aqtau (UTC +05:00)
- ◯ Kazakhstan - Asia/Aqtobe (UTC +05:00)
- ◯ Kazakhstan - Asia/Atyrau (UTC +05:00)
- ◯ Kazakhstan - Asia/Oral (UTC +05:00)
- ◯ Kazakhstan - Asia/Qostanay (UTC +06:00)
- ◯ Kazakhstan - Asia/Qyzylorda (UTC +05:00)
- ◯ Kenya - Africa/Nairobi (UTC +03:00)
- ◯ Kiribati - Pacific/Enderbury (UTC +13:00)
- ◯ Kiribati - Pacific/Kiritimati (UTC +14:00)
- ◯ Kiribati - Pacific/Tarawa (UTC +12:00),Democratic People's Republic of - Asia/Pyongyang (UTC +09:00)
- ◯ Korea,Republic of - Asia/Seoul (UTC +09:00)
- ◯ Korea
- ◯ Kuwait - Asia/Kuwait (UTC +03:00)
- ◯ Kyrgyzstan - Asia/Bishkek (UTC +06:00)
- ◯ Lao People's Democratic Republic - Asia/Vientiane (UTC +07:00)
- ◯ Latvia - Europe/Riga (UTC +02:00)
- ◯ Lebanon - Asia/Beirut (UTC +02:00)
- ◯ Lesotho - Africa/Maseru (UTC +02:00)
- ◯ Liberia - Africa/Monrovia (UTC)
- ◯ Libya - Africa/Tripoli (UTC +02:00)
- ◯ Liechtenstein - Europe/Vaduz (UTC +01:00)
- ◯ Lithuania - Europe/Vilnius (UTC +02:00)
- ◯ Luxembourg - Europe/Luxembourg (UTC +01:00)
- ◯ Macao - Asia/Macau (UTC +08:00),the Former Yugoslav Republic of - Europe/Skopje (UTC +01:00)
- ◯ Macedonia
- ◯ Madagascar - Indian/Antananarivo (UTC +03:00)
- ◯ Malawi - Africa/Blantyre (UTC +02:00)
- ◯ Malaysia - Asia/Kuala_Lumpur (UTC +08:00)
- ◯ Malaysia - Asia/Kuching (UTC +08:00)
- ◯ Maldives - Indian/Maldives (UTC +05:00)
- ◯ Mali - Africa/Bamako (UTC)
- ◯ Malta - Europe/Malta (UTC +01:00)
- ◯ Marshall Islands - Pacific/Kwajalein (UTC +12:00)
- ◯ Marshall Islands - Pacific/Majuro (UTC +12:00)
- ◯ Martinique - America/Martinique (UTC -04:00)
- ◯ Mauritania - Africa/Nouakchott (UTC)
- ◯ Mauritius - Indian/Mauritius (UTC +04:00)
- ◯ Mayotte - Indian/Mayotte (UTC +03:00)
- ◯ Mexico - America/Bahia_Banderas (UTC -06:00)
- ◯ Mexico - America/Cancun (UTC -05:00)
- ◯ Mexico - America/Chihuahua (UTC -07:00)
- ◯ Mexico - America/Hermosillo (UTC -07:00)
- ◯ Mexico - America/Matamoros (UTC -05:00)
- ◯ Mexico - America/Mazatlan (UTC -07:00)
- ◯ Mexico - America/Merida (UTC -06:00)
- ◯ Mexico - America/Mexico_City (UTC -06:00)
- ◯ Mexico - America/Monterrey (UTC -06:00)
- ◯ Mexico - America/Ojinaga (UTC -06:00)
- ◯ Mexico - America/Tijuana (UTC -07:00),Federated States of - Pacific/Chuuk (UTC +10:00)
- ◯ Micronesia,Federated States of - Pacific/Kosrae (UTC +11:00)
- ◯ Micronesia,Federated States of - Pacific/Pohnpei (UTC +11:00)
- ◯ Micronesia,Republic of - Europe/Chisinau (UTC +02:00)
- ◯ Moldova
- ◯ Monaco - Europe/Monaco (UTC +01:00)
- ◯ Mongolia - Asia/Choibalsan (UTC +08:00)
- ◯ Mongolia - Asia/Hovd (UTC +07:00)
- ◯ Mongolia - Asia/Ulaanbaatar (UTC +08:00)

- ◯ Montenegro - Europe/Podgorica (UTC +01:00)
- ◯ Montserrat - America/Montserrat (UTC -04:00)
- ◯ Morocco - Africa/Casablanca (UTC +01:00)
- ◯ Mozambique - Africa/Maputo (UTC +02:00)
- ◯ Myanmar - Asia/Yangon (UTC +06:30)
- ◯ Namibia - Africa/Windhoek (UTC +02:00)
- ◯ Nauru - Pacific/Nauru (UTC +12:00)
- ◯ Nepal - Asia/Kathmandu (UTC +05:45)
- ◯ Netherlands - Europe/Amsterdam (UTC +01:00)
- ◯ New Caledonia - Pacific/Noumea (UTC +11:00)
- ◯ New Zealand - Pacific/Auckland (UTC +13:00)
- ◯ New Zealand - Pacific/Chatham (UTC +13:45)
- ◯ Nicaragua - America/Managua (UTC -06:00)
- ◯ Niger - Africa/Niamey (UTC +01:00)
- ◯ Nigeria - Africa/Lagos (UTC +01:00)
- ◯ Niue - Pacific/Niue (UTC -11:00)
- ◯ Norfolk Island - Pacific/Norfolk (UTC +12:00)
- ◯ Northern Mariana Islands - Pacific/Saipan (UTC +10:00)
- ◯ Norway - Europe/Oslo (UTC +01:00)
- ◯ Oman - Asia/Muscat (UTC +04:00)
- ◯ Pakistan - Asia/Karachi (UTC +05:00)
- ◯ Palau - Pacific/Palau (UTC +09:00),State of - Asia/Gaza (UTC +02:00)
- ◯ Palestine,State of - Asia/Hebron (UTC +02:00)
- ◯ Palestine
- ◯ Panama - America/Panama (UTC -05:00)
- ◯ Papua New Guinea - Pacific/Bougainville (UTC +11:00)
- ◯ Papua New Guinea - Pacific/Port_Moresby (UTC +10:00)
- ◯ Paraguay - America/Asuncion (UTC -03:00)
- ◯ Peru - America/Lima (UTC -05:00)
- ◯ Philippines - Asia/Manila (UTC +08:00)
- ◯ Pitcairn - Pacific/Pitcairn (UTC -08:00)
- ◯ Poland - Europe/Warsaw (UTC +01:00)
- ◯ Portugal - Atlantic/Azores (UTC -01:00)
- ◯ Portugal - Atlantic/Madeira (UTC)
- ◯ Portugal - Europe/Lisbon (UTC)
- ◯ Puerto Rico - America/Puerto_Rico (UTC -04:00)
- ◯ Qatar - Asia/Qatar (UTC +03:00)
- ◯ Romania - Europe/Bucharest (UTC +02:00)
- ◯ Russian Federation - Asia/Anadyr (UTC +12:00)
- ◯ Russian Federation - Asia/Barnaul (UTC +07:00)
- ◯ Russian Federation - Asia/Chita (UTC +09:00)
- ◯ Russian Federation - Asia/Irkutsk (UTC +08:00)
- ◯ Russian Federation - Asia/Kamchatka (UTC +12:00)
- ◯ Russian Federation - Asia/Khandyga (UTC +09:00)
- ◯ Russian Federation - Asia/Krasnoyarsk (UTC +07:00)
- ◯ Russian Federation - Asia/Magadan (UTC +11:00)
- ◯ Russian Federation - Asia/Novokuznetsk (UTC +07:00)
- ◯ Russian Federation - Asia/Novosibirsk (UTC +07:00)
- ◯ Russian Federation - Asia/Omsk (UTC +06:00)
- ◯ Russian Federation - Asia/Sakhalin (UTC +11:00)
- ◯ Russian Federation - Asia/Srednekolymsk (UTC +11:00)
- ◯ Russian Federation - Asia/Tomsk (UTC +07:00)
- ◯ Russian Federation - Asia/Ust-Nera (UTC +10:00)
- ◯ Russian Federation - Asia/Vladivostok (UTC +10:00)
- ◯ Russian Federation - Asia/Yakutsk (UTC +09:00)
- ◯ Russian Federation - Asia/Yekaterinburg (UTC +05:00)
- ◯ Russian Federation - Europe/Astrakhan (UTC +04:00)
- ◯ Russian Federation - Europe/Kaliningrad (UTC +02:00)
- ◯ Russian Federation - Europe/Kirov (UTC +03:00)
- ◯ Russian Federation - Europe/Moscow (UTC +03:00)
- ◯ Russian Federation - Europe/Samara (UTC +04:00)
- ◯ Russian Federation - Europe/Saratov (UTC +04:00)
- ◯ Russian Federation - Europe/Ulyanovsk (UTC +04:00)
- ◯ Russian Federation - Europe/Volgograd (UTC +04:00)

- ◯ Rwanda - Africa/Kigali (UTC +02:00)
- ◯ Réunion - Indian/Reunion (UTC +04:00)
- ◯ Saint Barthélemy - America/St_Barthelemy (UTC -04:00),Ascension and Tristan da Cunha - Atlantic/St_Helena (UTC)
- ◯ Saint Helena
- ◯ Saint Kitts and Nevis - America/St_Kitts (UTC -04:00)
- ◯ Saint Lucia - America/St_Lucia (UTC -04:00)
- ◯ Saint Martin (French part) - America/Marigot (UTC -04:00)
- ◯ Saint Pierre and Miquelon - America/Miquelon (UTC -02:00)
- ◯ Saint Vincent and the Grenadines - America/St_Vincent (UTC -04:00)
- ◯ Samoa - Pacific/Apia (UTC +14:00)
- ◯ San Marino - Europe/San_Marino (UTC +01:00)
- ◯ Sao Tome and Principe - Africa/Sao_Tome (UTC)
- ◯ Saudi Arabia - Asia/Riyadh (UTC +03:00)
- ◯ Senegal - Africa/Dakar (UTC)
- ◯ Serbia - Europe/Belgrade (UTC +01:00)
- ◯ Seychelles - Indian/Mahe (UTC +04:00)
- ◯ Sierra Leone - Africa/Freetown (UTC)
- ◯ Singapore - Asia/Singapore (UTC +08:00)
- ◯ Sint Maarten (Dutch part) - America/Lower_Princes (UTC -04:00)
- ◯ Slovakia - Europe/Bratislava (UTC +01:00)
- ◯ Slovenia - Europe/Ljubljana (UTC +01:00)
- ◯ Solomon Islands - Pacific/Guadalcanal (UTC +11:00)
- ◯ Somalia - Africa/Mogadishu (UTC +03:00)
- ◯ South Africa - Africa/Johannesburg (UTC +02:00)
- ◯ South Georgia and the South Sandwich Islands - Atlantic/South_Georgia (UTC -02:00)
- ◯ South Sudan - Africa/Juba (UTC +03:00)
- ◯ Spain - Africa/Ceuta (UTC +01:00)
- ◯ Spain - Atlantic/Canary (UTC)
- ◯ Spain - Europe/Madrid (UTC +01:00)
- ◯ Sri Lanka - Asia/Colombo (UTC +05:30)
- ◯ Sudan - Africa/Khartoum (UTC +02:00)
- ◯ Suriname - America/Paramaribo (UTC -03:00)
- ◯ Svalbard and Jan Mayen - Arctic/Longyearbyen (UTC +01:00)
- ◯ Swaziland - Africa/Mbabane (UTC +02:00)
- ◯ Sweden - Europe/Stockholm (UTC +01:00)
- ◯ Switzerland - Europe/Zurich (UTC +01:00)
- ◯ Syrian Arab Republic - Asia/Damascus (UTC +03:00),Province of China - Asia/Taipei (UTC +08:00)
- ◯ Taiwan
- ◯ Tajikistan - Asia/Dushanbe (UTC +05:00),United Republic of - Africa/Dar_es_Salaam (UTC +03:00)
- ◯ Tanzania
- ◯ Thailand - Asia/Bangkok (UTC +07:00)
- ◯ Timor-Leste - Asia/Dili (UTC +09:00)
- ◯ Togo - Africa/Lome (UTC)
- ◯ Tokelau - Pacific/Fakaofo (UTC +13:00)
- ◯ Tonga - Pacific/Tongatapu (UTC +13:00)
- ◯ Trinidad and Tobago - America/Port_of_Spain (UTC -04:00)
- ◯ Tunisia - Africa/Tunis (UTC +01:00)
- ◯ Turkey - Europe/Istanbul (UTC +03:00)
- ◯ Turkmenistan - Asia/Ashgabat (UTC +05:00)
- ◯ Turks and Caicos Islands - America/Grand_Turk (UTC -04:00)
- ◯ Tuvalu - Pacific/Funafuti (UTC +12:00)
- ◯ Uganda - Africa/Kampala (UTC +03:00)
- ◯ Ukraine - Europe/Kiev (UTC +02:00)
- ◯ Ukraine - Europe/Simferopol (UTC +03:00)
- ◯ Ukraine - Europe/Uzhgorod (UTC +02:00)
- ◯ Ukraine - Europe/Zaporozhye (UTC +02:00)
- ◯ United Arab Emirates - Asia/Dubai (UTC +04:00)

- ◯ United Kingdom - Europe/London (UTC)
- ◯ United States - America/Adak (UTC -09:00)
- ◯ United States - America/Anchorage (UTC -08:00)
- ◯ United States - America/Boise (UTC -06:00)
- ◯ United States - America/Chicago (UTC -05:00)
- ◯ United States - America/Denver (UTC -06:00)
- ◯ United States - America/Detroit (UTC -04:00)
- ◯ United States - America/Indiana/Indianapolis (UTC -04:00)
- ◯ United States - America/Indiana/Knox (UTC -05:00)
- ◯ United States - America/Indiana/Marengo (UTC -04:00)
- ◯ United States - America/Indiana/Petersburg (UTC -04:00)
- ◯ United States - America/Indiana/Tell_City (UTC -05:00)
- ◯ United States - America/Indiana/Vevay (UTC -04:00)
- ◯ United States - America/Indiana/Vincennes (UTC -04:00)
- ◯ United States - America/Indiana/Winamac (UTC -04:00)
- ◯ United States - America/Juneau (UTC -08:00)
- ◯ United States - America/Kentucky/Louisville (UTC -04:00)
- ◯ United States - America/Kentucky/Monticello (UTC -04:00)
- ◯ United States - America/Los_Angeles (UTC -07:00)
- ◯ United States - America/Menominee (UTC -05:00)
- ◯ United States - America/Metlakatla (UTC -08:00)
- ◯ United States - America/New_York (UTC -04:00)
- ◯ United States - America/Nome (UTC -08:00)
- ◯ United States - America/North_Dakota/Beulah (UTC -05:00)
- ◯ United States - America/North_Dakota/Center (UTC -05:00)
- ◯ United States - America/North_Dakota/New_Salem (UTC -05:00)
- ◯ United States - America/Phoenix (UTC -07:00)
- ◯ United States - America/Sitka (UTC -08:00)
- ◯ United States - America/Yakutat (UTC -08:00)
- ◯ United States - Pacific/Honolulu (UTC -10:00)
- ◯ United States Minor Outlying Islands - Pacific/Midway (UTC -11:00)
- ◯ United States Minor Outlying Islands - Pacific/Wake (UTC +12:00)
- ◯ Uruguay - America/Montevideo (UTC -03:00)
- ◯ Uzbekistan - Asia/Samarkand (UTC +05:00)
- ◯ Uzbekistan - Asia/Tashkent (UTC +05:00)
- ◯ Vanuatu - Pacific/Efate (UTC +11:00),Bolivarian Republic of - America/Caracas (UTC -04:00)
- ◯ Venezuela
- ◯ Viet Nam - Asia/Ho_Chi_Minh (UTC +07:00),British - America/Tortola (UTC -04:00)
- ◯ Virgin Islands,U.S. - America/St_Thomas (UTC -04:00)
- ◯ Virgin Islands
- ◯ Wallis and Futuna - Pacific/Wallis (UTC +12:00)
- ◯ Western Sahara - Africa/El_Aaiun (UTC +01:00)
- ◯ Yemen - Asia/Aden (UTC +03:00)
- ◯ Zambia - Africa/Lusaka (UTC +02:00)
- ◯ Zimbabwe - Africa/Harare (UTC +02:00)

What best describes your current occupational situation?

 If you are a pupil, student, or similar, tick "In education".

 If you are an apprentice or similar, tick "In training".

 Medical reasons or parental leave can be reasons for being "employed but not currently working".

◯ In education
◯ In training
◯ Part-time working
◯ Full-time working
◯ Employed but not currently working
◯ Retired
◯ Unemployed

We want to make sure you are paying attention. What is 4+5?

_____

Template

In the following, you will be presented with questions about a specific design for a device for light logger, a device that tracks your exposure to light in the environment. Ideally, light loggers are worn for multiple days/weeks

Please answer the questions below.

Consider this design for a light logger, a device for measuring how much light exposure you are receiving throughout the idea.

NOTE: It is not a camera and does not capture photos or videos.

---

14) How attractive do you find the overall design and look of this light logger?

- ○ Extremely unattractive
- ○ Very unattractive
- ○ Unattractive
- ○ Neutral
- ○ Attractive
- ○ Very attractive
- ○ Extremely attractive

---

15) What is the likelihood that you would choose to wear this light logger in a public setting?

- ○ Extremely unlikely
- ○ Very Unlikely
- ○ Unlikely
- ○ Neutral
- ○ Likely
- ○ Very likely
- ○ Extremely likely

---

16) What is the likelihood that you would choose to wear this light logger at home?

- ○ Extremely unlikely
- ○ Very Unlikely
- ○ Unlikely
- ○ Neutral
- ○ Likely
- ○ Very likely
- ○ Extremely likely

---

17) What is the likelihood that you would choose to wear this light logger at work?

- ○ Extremely unlikely
- ○ Very Unlikely
- ○ Unlikely
- ○ Neutral
- ○ Likely
- ○ Very likely
- ○ Extremely likely

---

18) What is the likelihood that you would choose to wear this light logger in social contexts?

- ○ Extremely unlikely
- ○ Very Unlikely
- ○ Unlikely
- ○ Neutral
- ○ Likely
- ○ Very likely
- ○ Extremely likely

19) What is the likelihood that you would choose to wear this light logger during exercise?

○ Extremely unlikely
○ Very Unlikely
○ Unlikely
○ Neutral
○ Likely
○ Very likely
○ Extremely likely

20) How many hours could you imagine yourself wearing the light logger during the day?

○ Not at all
○ Up to 1 hour
○ 1-3 hours
○ 3-6 hours
○ 6-8 hours
○ 8-12 hours
○ Throughout the day

21) To what extent do you believe the light sensor would restrict your daily activities?

○ Not at all
○ Slightly
○ Somewhat
○ Moderately
○ Quite a bit
○ Significantly
○ Extremely

22) In what situations or activities do you think wearing the light logger might be difficult?

_____

23) Please describe, in your own words, the placement of the light logger in the body.

_____

REDCap

Wrist

In the following, you will be presented with questions about a specific design for a device for light logger, a device that tracks your exposure to light in the environment.

Light loggers are used in research settings and are now also becoming available for consumer use. For maximum benefit, light loggers are worn for multiple days/weeks over 24 hours to gain insights into light exposure patterns.

Note that light loggers are not cameras, but only measure the light intensity in the direction it is facing.

Please answer the questions below.

Consider this design for a light logger.

NOTE: It is not a camera and does not capture photos or videos.

---

24) How attractive do you find the overall design and look of this light logger?

- ⭘ Extremely unattractive
- ⭘ Very unattractive
- ⭘ Unattractive
- ⭘ Neutral
- ⭘ Attractive
- ⭘ Very attractive
- ⭘ Extremely attractive

25) What is the likelihood that you would choose to wear this light logger in a public setting?

- ⭘ Extremely unlikely
- ⭘ Very Unlikely
- ⭘ Unlikely
- ⭘ Neutral
- ⭘ Likely
- ⭘ Very likely
- ⭘ Extremely likely

26) What is the likelihood that you would choose to wear this light logger at home?

- ⭘ Extremely unlikely
- ⭘ Very Unlikely
- ⭘ Unlikely
- ⭘ Neutral
- ⭘ Likely
- ⭘ Very likely
- ⭘ Extremely likely

27) What is the likelihood that you would choose to wear this light logger at work?

- ⭘ Extremely unlikely
- ⭘ Very Unlikely
- ⭘ Unlikely
- ⭘ Neutral
- ⭘ Likely
- ⭘ Very likely
- ⭘ Extremely likely

28) What is the likelihood that you would choose to wear this light logger in social contexts?

- ⭘ Extremely unlikely
- ⭘ Very Unlikely
- ⭘ Unlikely
- ⭘ Neutral
- ⭘ Likely
- ⭘ Very likely
- ⭘ Extremely likely

29) What is the likelihood that you would choose to wear this light logger during exercise?

- ◯ Extremely unlikely
- ◯ Very Unlikely
- ◯ Unlikely
- ◯ Neutral
- ◯ Likely
- ◯ Very likely
- ◯ Extremely likely

30) How many hours could you imagine yourself wearing the light logger during the day?

- ◯ Not at all
- ◯ Up to 1 hour
- ◯ 1-3 hours
- ◯ 3-6 hours
- ◯ 6-8 hours
- ◯ 8-12 hours
- ◯ Throughout the day

31) To what extent do you believe the light sensor would restrict your daily activities?

- ◯ Not at all
- ◯ Slightly
- ◯ Somewhat
- ◯ Moderately
- ◯ Quite a bit
- ◯ Significantly
- ◯ Extremely

32) In what situations or activities do you think wearing the light logger might be difficult?

_____

33) Please describe, in your own words, the placement of the light logger in the body.

_____

Collar pin

In the following, you will be presented with questions about a specific design for a device for light logger, a device that tracks your exposure to light in the environment.

Light loggers are used in research settings and are now also becoming available for consumer use. For maximum benefit, light loggers are worn for multiple days/weeks over 24 hours to gain insights into light exposure patterns.

Note that light loggers are not cameras, but only measure the light intensity in the direction it is facing.

Please answer the questions below.

Consider this design for a light logger.

NOTE: It is not a camera and does not capture photos or videos.

---

34) How attractive do you find the overall design and look of this light logger?

- ◯ Extremely unattractive
- ◯ Very unattractive
- ◯ Unattractive
- ◯ Neutral
- ◯ Attractive
- ◯ Very attractive
- ◯ Extremely attractive

35) What is the likelihood that you would choose to wear this light logger in a public setting?

- ◯ Extremely unlikely
- ◯ Very Unlikely
- ◯ Unlikely
- ◯ Neutral
- ◯ Likely
- ◯ Very likely
- ◯ Extremely likely

36) What is the likelihood that you would choose to wear this light logger at home?

- ◯ Extremely unlikely
- ◯ Very Unlikely
- ◯ Unlikely
- ◯ Neutral
- ◯ Likely
- ◯ Very likely
- ◯ Extremely likely

37) What is the likelihood that you would choose to wear this light logger at work?

- ◯ Extremely unlikely
- ◯ Very Unlikely
- ◯ Unlikely
- ◯ Neutral
- ◯ Likely
- ◯ Very likely
- ◯ Extremely likely

38) We want to make sure you are paying attention. Please type in "nineteen" as a number.

_____

39) What is the likelihood that you would choose to wear this light logger in social contexts?

- ◯ Extremely unlikely
- ◯ Very Unlikely
- ◯ Unlikely
- ◯ Neutral
- ◯ Likely
- ◯ Very likely
- ◯ Extremely likely

40) What is the likelihood that you would choose to wear this light logger during exercise?

- ◯ Extremely unlikely
- ◯ Very Unlikely
- ◯ Unlikely
- ◯ Neutral
- ◯ Likely
- ◯ Very likely
- ◯ Extremely likely

41) How many hours could you imagine yourself wearing the light logger during the day?

- ◯ Not at all
- ◯ Up to 1 hour
- ◯ 1-3 hours
- ◯ 3-6 hours
- ◯ 6-8 hours
- ◯ 8-12 hours
- ◯ Throughout the day

42) To what extent do you believe the light sensor would restrict your daily activities?

- ◯ Not at all
- ◯ Slightly
- ◯ Somewhat
- ◯ Moderately
- ◯ Quite a bit
- ◯ Significantly
- ◯ Extremely

43) In what situations or activities do you think wearing the light logger might be difficult?

_____

44) Please describe, in your own words, the placement of the light logger in the body.

_____

Glasses

In the following, you will be presented with questions about a specific design for a device for light logger, a device that tracks your exposure to light in the environment.

Light loggers are used in research settings and are now also becoming available for consumer use. For maximum benefit, light loggers are worn for multiple days/weeks over 24 hours to gain insights into light exposure patterns.

Note that light loggers are not cameras, but only measure the light intensity in the direction it is facing.

Please answer the questions below.

Consider this design for a light logger.

NOTE: It is not a camera and does not capture photos or videos.

---

45)	How attractive do you find the overall design and look of this light logger?	◯ Extremely unattractive ◯ Very unattractive ◯ Unattractive ◯ Neutral ◯ Attractive ◯ Very attractive ◯ Extremely attractive
46)	What is the likelihood that you would choose to wear this light logger in a public setting?	◯ Extremely unlikely ◯ Very Unlikely ◯ Unlikely ◯ Neutral ◯ Likely ◯ Very likely ◯ Extremely likely
47)	What is the likelihood that you would choose to wear this light logger at home?	◯ Extremely unlikely ◯ Very Unlikely ◯ Unlikely ◯ Neutral ◯ Likely ◯ Very likely ◯ Extremely likely
48)	What is the likelihood that you would choose to wear this light logger at work?	◯ Extremely unlikely ◯ Very Unlikely ◯ Unlikely ◯ Neutral ◯ Likely ◯ Very likely ◯ Extremely likely
49)	What is the likelihood that you would choose to wear this light logger in social contexts?	◯ Extremely unlikely ◯ Very Unlikely ◯ Unlikely ◯ Neutral ◯ Likely ◯ Very likely ◯ Extremely likely

50) What is the likelihood that you would choose to wear this light logger during exercise?

- ◯ Extremely unlikely
- ◯ Very Unlikely
- ◯ Unlikely
- ◯ Neutral
- ◯ Likely
- ◯ Very likely
- ◯ Extremely likely

51) How many hours could you imagine yourself wearing the light logger during the day?

- ◯ Not at all
- ◯ Up to 1 hour
- ◯ 1-3 hours
- ◯ 3-6 hours
- ◯ 6-8 hours
- ◯ 8-12 hours
- ◯ Throughout the day

52) To what extent do you believe the light sensor would restrict your daily activities?

- ◯ Not at all
- ◯ Slightly
- ◯ Somewhat
- ◯ Moderately
- ◯ Quite a bit
- ◯ Significantly
- ◯ Extremely

53) In what situations or activities do you think wearing the light logger might be difficult?

_____

54) Please describe, in your own words, the placement of the light logger in the body.

_____

Hat pin

In the following, you will be presented with questions about a specific design for a device for light logger, a device that tracks your exposure to light in the environment.

Light loggers are used in research settings and are now also becoming available for consumer use. For maximum benefit, light loggers are worn for multiple days/weeks over 24 hours to gain insights into light exposure patterns.

Note that light loggers are not cameras, but only measure the light intensity in the direction it is facing.

Please answer the questions below.

Consider this design for a light logger.

NOTE: It is not a camera and does not capture photos or videos.

---

55) How attractive do you find the overall design and look of this light logger?

○ Extremely unattractive
○ Very unattractive
○ Unattractive
○ Neutral
○ Attractive
○ Very attractive
○ Extremely attractive

56) What is the likelihood that you would choose to wear this light logger in a public setting?

○ Extremely unlikely
○ Very Unlikely
○ Unlikely
○ Neutral
○ Likely
○ Very likely
○ Extremely likely

57) We want to make sure you are paying attention. Please tick the answer "Often".

○ Never
○ Rarely
○ Sometimes
○ Often
○ Always

58) What is the likelihood that you would choose to wear this light logger at home?

○ Extremely unlikely
○ Very Unlikely
○ Unlikely
○ Neutral
○ Likely
○ Very likely
○ Extremely likely

59) What is the likelihood that you would choose to wear this light logger at work?

○ Extremely unlikely
○ Very Unlikely
○ Unlikely
○ Neutral
○ Likely
○ Very likely
○ Extremely likely

60) What is the likelihood that you would choose to wear this light logger in social contexts?

○ Extremely unlikely
○ Very Unlikely
○ Unlikely
○ Neutral
○ Likely
○ Very likely
○ Extremely likely

61) What is the likelihood that you would choose to wear this light logger during exercise?

○ Extremely unlikely
○ Very Unlikely
○ Unlikely
○ Neutral
○ Likely
○ Very likely
○ Extremely likely

62) How many hours could you imagine yourself wearing the light logger during the day?

○ Not at all
○ Up to 1 hour
○ 1-3 hours
○ 3-6 hours
○ 6-8 hours
○ 8-12 hours
○ Throughout the day

63) To what extent do you believe the light sensor would restrict your daily activities?

○ Not at all
○ Slightly
○ Somewhat
○ Moderately
○ Quite a bit
○ Significantly
○ Extremely

64) In what situations or activities do you think wearing the light logger might be difficult?

_____

65) Please describe, in your own words, the placement of the light logger in the body.

_____

Neck loop

In the following, you will be presented with questions about a specific design for a device for light logger, a device that tracks your exposure to light in the environment.

Light loggers are used in research settings and are now also becoming available for consumer use. For maximum benefit, light loggers are worn for multiple days/weeks over 24 hours to gain insights into light exposure patterns.

Note that light loggers are not cameras, but only measure the light intensity in the direction it is facing.

Please answer the questions below.

Consider this design for a light logger.

NOTE: It is not a camera and does not capture photos or videos.

---

66) How attractive do you find the overall design and look of this light logger?
- ○ Extremely unattractive
- ○ Very unattractive
- ○ Unattractive
- ○ Neutral
- ○ Attractive
- ○ Very attractive
- ○ Extremely attractive

67) What is the likelihood that you would choose to wear this light logger in a public setting?
- ○ Extremely unlikely
- ○ Very Unlikely
- ○ Unlikely
- ○ Neutral
- ○ Likely
- ○ Very likely
- ○ Extremely likely

68) What is the likelihood that you would choose to wear this light logger at home?
- ○ Extremely unlikely
- ○ Very Unlikely
- ○ Unlikely
- ○ Neutral
- ○ Likely
- ○ Very likely
- ○ Extremely likely

69) What is the likelihood that you would choose to wear this light logger at work?
- ○ Extremely unlikely
- ○ Very Unlikely
- ○ Unlikely
- ○ Neutral
- ○ Likely
- ○ Very likely
- ○ Extremely likely

70) What is the likelihood that you would choose to wear this light logger in social contexts?
- ○ Extremely unlikely
- ○ Very Unlikely
- ○ Unlikely
- ○ Neutral
- ○ Likely
- ○ Very likely
- ○ Extremely likely

71) What is the likelihood that you would choose to wear this light logger during exercise?

⃝ Extremely unlikely
⃝ Very Unlikely
⃝ Unlikely
⃝ Neutral
⃝ Likely
⃝ Very likely
⃝ Extremely likely

72) How many hours could you imagine yourself wearing the light logger during the day?

⃝ Not at all
⃝ Up to 1 hour
⃝ 1-3 hours
⃝ 3-6 hours
⃝ 6-8 hours
⃝ 8-12 hours
⃝ Throughout the day

73) To what extent do you believe the light sensor would restrict your daily activities?

⃝ Not at all
⃝ Slightly
⃝ Somewhat
⃝ Moderately
⃝ Quite a bit
⃝ Significantly
⃝ Extremely

74) In what situations or activities do you think wearing the light logger might be difficult?

_____

75) Please describe, in your own words, the placement of the light logger in the body.

_____

Chest pin

In the following, you will be presented with questions about a specific design for a device for light logger, a device that tracks your exposure to light in the environment.

Light loggers are used in research settings and are now also becoming available for consumer use. For maximum benefit, light loggers are worn for multiple days/weeks over 24 hours to gain insights into light exposure patterns.

Note that light loggers are not cameras, but only measure the light intensity in the direction it is facing.

Please answer the questions below.

Consider this design for a light logger.

NOTE: It is not a camera and does not capture photos or videos.

---

76) How attractive do you find the overall design and look of this light logger?

○ Extremely unattractive
○ Very unattractive
○ Unattractive
○ Neutral
○ Attractive
○ Very attractive
○ Extremely attractive

77) What is the likelihood that you would choose to wear this light logger in a public setting?

○ Extremely unlikely
○ Very Unlikely
○ Unlikely
○ Neutral
○ Likely
○ Very likely
○ Extremely likely

78) What is the likelihood that you would choose to wear this light logger at home?

○ Extremely unlikely
○ Very Unlikely
○ Unlikely
○ Neutral
○ Likely
○ Very likely
○ Extremely likely

79) What is the likelihood that you would choose to wear this light logger at work?

○ Extremely unlikely
○ Very Unlikely
○ Unlikely
○ Neutral
○ Likely
○ Very likely
○ Extremely likely

80) What is the likelihood that you would choose to wear this light logger in social contexts?

○ Extremely unlikely
○ Very Unlikely
○ Unlikely
○ Neutral
○ Likely
○ Very likely
○ Extremely likely

REDCap®

81) What is the likelihood that you would choose to wear this light logger during exercise?

- ◯ Extremely unlikely
- ◯ Very Unlikely
- ◯ Unlikely
- ◯ Neutral
- ◯ Likely
- ◯ Very likely
- ◯ Extremely likely

82) How many hours could you imagine yourself wearing the light logger during the day?

- ◯ Not at all
- ◯ Up to 1 hour
- ◯ 1-3 hours
- ◯ 3-6 hours
- ◯ 6-8 hours
- ◯ 8-12 hours
- ◯ Throughout the day

83) To what extent do you believe the light sensor would restrict your daily activities?

- ◯ Not at all
- ◯ Slightly
- ◯ Somewhat
- ◯ Moderately
- ◯ Quite a bit
- ◯ Significantly
- ◯ Extremely

84) In what situations or activities do you think wearing the light logger might be difficult?

_____

85) Please describe, in your own words, the placement of the light logger in the body.

_____

Necklace

In the following, you will be presented with questions about a specific design for a device for light logger, a device that tracks your exposure to light in the environment.

Light loggers are used in research settings and are now also becoming available for consumer use. For maximum benefit, light loggers are worn for multiple days/weeks over 24 hours to gain insights into light exposure patterns.

Note that light loggers are not cameras, but only measure the light intensity in the direction it is facing.

Please answer the questions below.

Consider this design for a light logger.

NOTE: It is not a camera and does not capture photos or videos.

---

86) How attractive do you find the overall design and look of this light logger?

- ◯ Extremely unattractive
- ◯ Very unattractive
- ◯ Unattractive
- ◯ Neutral
- ◯ Attractive
- ◯ Very attractive
- ◯ Extremely attractive

87) What is the likelihood that you would choose to wear this light logger in a public setting?

- ◯ Extremely unlikely
- ◯ Very Unlikely
- ◯ Unlikely
- ◯ Neutral
- ◯ Likely
- ◯ Very likely
- ◯ Extremely likely

88) What is the likelihood that you would choose to wear this light logger at home?

- ◯ Extremely unlikely
- ◯ Very Unlikely
- ◯ Unlikely
- ◯ Neutral
- ◯ Likely
- ◯ Very likely
- ◯ Extremely likely

89) What is the likelihood that you would choose to wear this light logger at work?

- ◯ Extremely unlikely
- ◯ Very Unlikely
- ◯ Unlikely
- ◯ Neutral
- ◯ Likely
- ◯ Very likely
- ◯ Extremely likely

90) What is the likelihood that you would choose to wear this light logger in social contexts?

- ◯ Extremely unlikely
- ◯ Very Unlikely
- ◯ Unlikely
- ◯ Neutral
- ◯ Likely
- ◯ Very likely
- ◯ Extremely likely

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91) What is the likelihood that you would choose to wear this light logger during exercise?

- ◯ Extremely unlikely
- ◯ Very Unlikely
- ◯ Unlikely
- ◯ Neutral
- ◯ Likely
- ◯ Very likely
- ◯ Extremely likely

92) How many hours could you imagine yourself wearing the light logger during the day?

- ◯ Not at all
- ◯ Up to 1 hour
- ◯ 1-3 hours
- ◯ 3-6 hours
- ◯ 6-8 hours
- ◯ 8-12 hours
- ◯ Throughout the day

93) To what extent do you believe the light sensor would restrict your daily activities?

- ◯ Not at all
- ◯ Slightly
- ◯ Somewhat
- ◯ Moderately
- ◯ Quite a bit
- ◯ Significantly
- ◯ Extremely

94) In what situations or activities do you think wearing the light logger might be difficult?

_____

95) Please describe, in your own words, the placement of the light logger in the body.

_____

Sleeve collar

In the following, you will be presented with questions about a specific design for a device for light logger, a device that tracks your exposure to light in the environment.

Light loggers are used in research settings and are now also becoming available for consumer use. For maximum benefit, light loggers are worn for multiple days/weeks over 24 hours to gain insights into light exposure patterns.

Note that light loggers are not cameras, but only measure the light intensity in the direction it is facing.

Please answer the questions below.

Consider this design for a light logger.

NOTE: It is not a camera and does not capture photos or videos.

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96)	How attractive do you find the overall design and look of this light logger?	◯ Extremely unattractive ◯ Very unattractive ◯ Unattractive ◯ Neutral ◯ Attractive ◯ Very attractive ◯ Extremely attractive
97)	What is the likelihood that you would choose to wear this light logger in a public setting?	◯ Extremely unlikely ◯ Very Unlikely ◯ Unlikely ◯ Neutral ◯ Likely ◯ Very likely ◯ Extremely likely
98)	What is the likelihood that you would choose to wear this light logger at home?	◯ Extremely unlikely ◯ Very Unlikely ◯ Unlikely ◯ Neutral ◯ Likely ◯ Very likely ◯ Extremely likely
99)	What is the likelihood that you would choose to wear this light logger at work?	◯ Extremely unlikely ◯ Very Unlikely ◯ Unlikely ◯ Neutral ◯ Likely ◯ Very likely ◯ Extremely likely
100)	What is the likelihood that you would choose to wear this light logger in social contexts?	◯ Extremely unlikely ◯ Very Unlikely ◯ Unlikely ◯ Neutral ◯ Likely ◯ Very likely ◯ Extremely likely

101) What is the likelihood that you would choose to wear this light logger during exercise?

- ◯ Extremely unlikely
- ◯ Very Unlikely
- ◯ Unlikely
- ◯ Neutral
- ◯ Likely
- ◯ Very likely
- ◯ Extremely likely

102) How many hours could you imagine yourself wearing the light logger during the day?

- ◯ Not at all
- ◯ Up to 1 hour
- ◯ 1-3 hours
- ◯ 3-6 hours
- ◯ 6-8 hours
- ◯ 8-12 hours
- ◯ Throughout the day

103) To what extent do you believe the light sensor would restrict your daily activities?

- ◯ Not at all
- ◯ Slightly
- ◯ Somewhat
- ◯ Moderately
- ◯ Quite a bit
- ◯ Significantly
- ◯ Extremely

104) In what situations or activities do you think wearing the light logger might be difficult?

_____

105) Please describe, in your own words, the placement of the light logger in the body.

_____

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Other designs

Can you envision and elaborate on alternative designs for light loggers, specifically focused on enabling continuous wear?

_____

Do you have any other comments on this survey?

_____

Completion screen

Please complete the survey below.

Thank you!

Thank you for your time.

To receive credit on Prolific, you must now click here.

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