











## Summary table

Madrid, Spain, 40.4°N, 3.7°W, TZ: Europe/Madrid

### Overview

Participants	Participants <b>23</b>		
Participant-days	Participant-days <b>182</b> (6 - 9)		
Days ≥80% complete	Days ≥80% complete <b>137</b> (4 - 7)		
Missing/irregular	Missing/Irregular <b>13.0%</b> (9.0% - 22.0%)		
Photoperiod	Photoperiod <b>11h 6m</b> (10h 19m - 12h 23m)		<sup>1</sup>

### Metrics<sup>2</sup>

Dose	D (lx·h) <b>6,043</b> ±8,422 (44 - 52,104)		
Duration above 250 lx	TAT <sub>250</sub> <b>2h 51m</b> ±2h 11m (0s - 7h 47m)		
Duration within 1-10 lx	TWT <sub>1-10</sub> <b>2h 2m</b> ±1h 31m (1m - 7h 43m)		
Duration below 1 lx	TBT <sub>1</sub> <b>12h 9m</b> ±2h 56m (7h 37m - 21h 9m)		
Period above 250 lx	PAT <sub>250</sub> <b>33m 29s</b> ±30m 46s (0s - 2h 47m)		
Duration above 1000 lx	TAT <sub>1000</sub> <b>37m 47s</b> ±46m 29s (0s - 4h 53m)		
First timing above 250 lx	FLiT <sub>250</sub> <b>09:37</b> ±02:35 (00:05 - 15:31)		<sup>1</sup>
Mean timing above 250 lx	MLiT <sub>250</sub> <b>13:49</b> ±01:33 (08:32 - 17:43)		<sup>1</sup>

values show: **mean** ±sd (min - max) and are all based on measurements of melanopic EDI (lx)








<sup>1</sup> Histogram limits are set from 00:00 to 24:00

<sup>2</sup> Metrics are calculated on a by-participant-day basis (n=137) with the exception of IV and IS, which are calculated on a by-participant basis (n=23).

<sup>3</sup> Values were log 10 transformed prior to averaging, with an offset of 0.1, and backtransformed afterwards

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Last timing above 250 lx	LLiT <sub>250</sub>	<b>19:12</b> ±02:29 (12:22 - 23:55)		<sup>1</sup>
Brightest 10h midpoint	M10 <sub>midpoint</sub>	<b>14:20</b> ±02:01 (08:53 - 18:59)		<sup>1</sup>
Darkest 5h midpoint	L5 <sub>midpoint</sub>	<b>03:17</b> ±03:13 (01:43 - 22:59)		<sup>1</sup>
Brightest 10h mean <sup>3</sup>	M10 <sub>mean</sub> (lx)	<b>116.8</b> ±118.3 (0.2 - 631.8)		
Darkest 5h mean <sup>3</sup>	L5 <sub>mean</sub> (lx)	<b>0.0</b> ±0.0 (0.0 - 0.0)		
Interdaily stability	IS	<b>0.334</b> ±0.094 (0.210 - 0.544)		
Intradaily variability	IV	<b>1.289</b> ±0.375 (0.475 - 1.962)		

values show: **mean** ±sd (min - max) and are all based on measurements of melanopic EDI (lx)

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