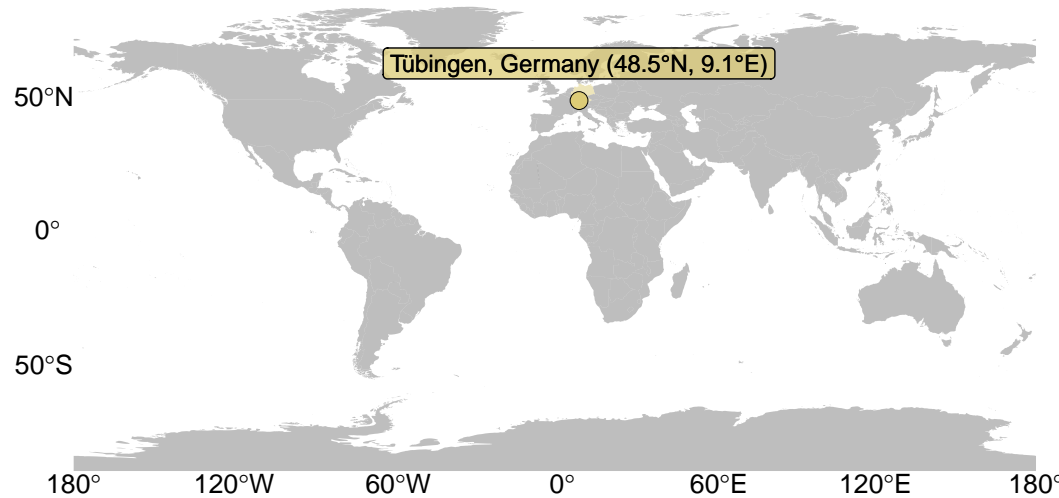
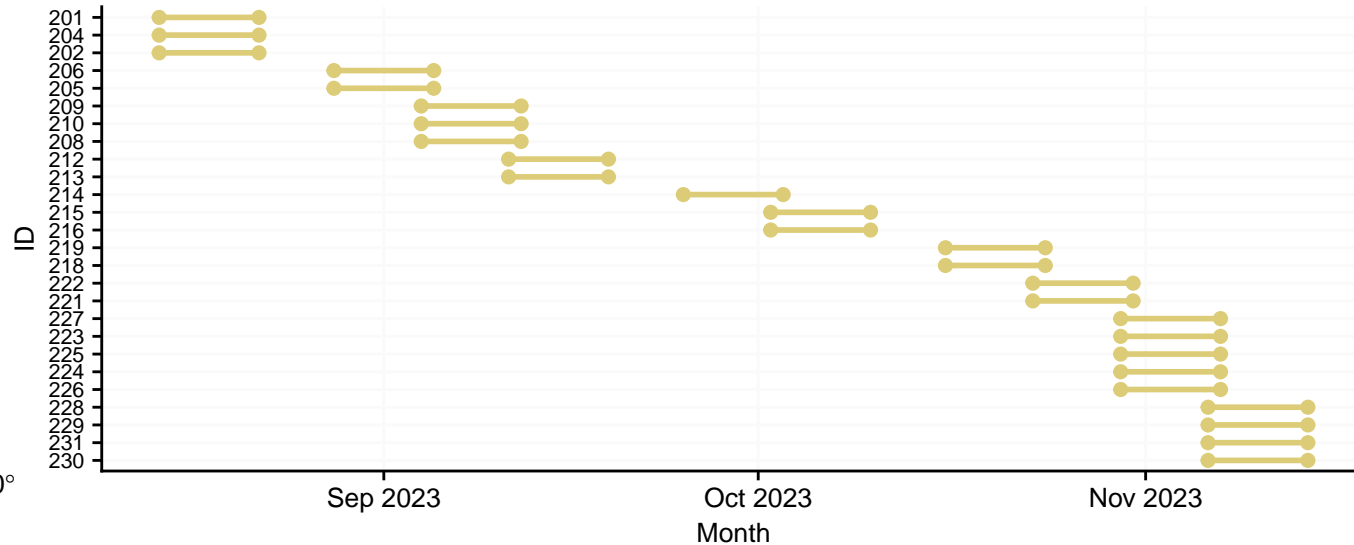


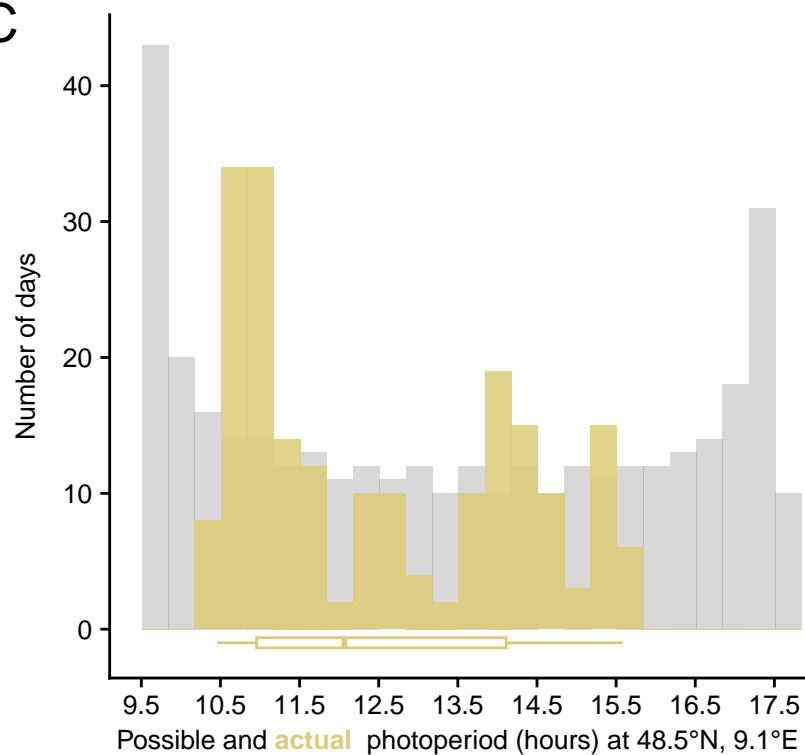
A



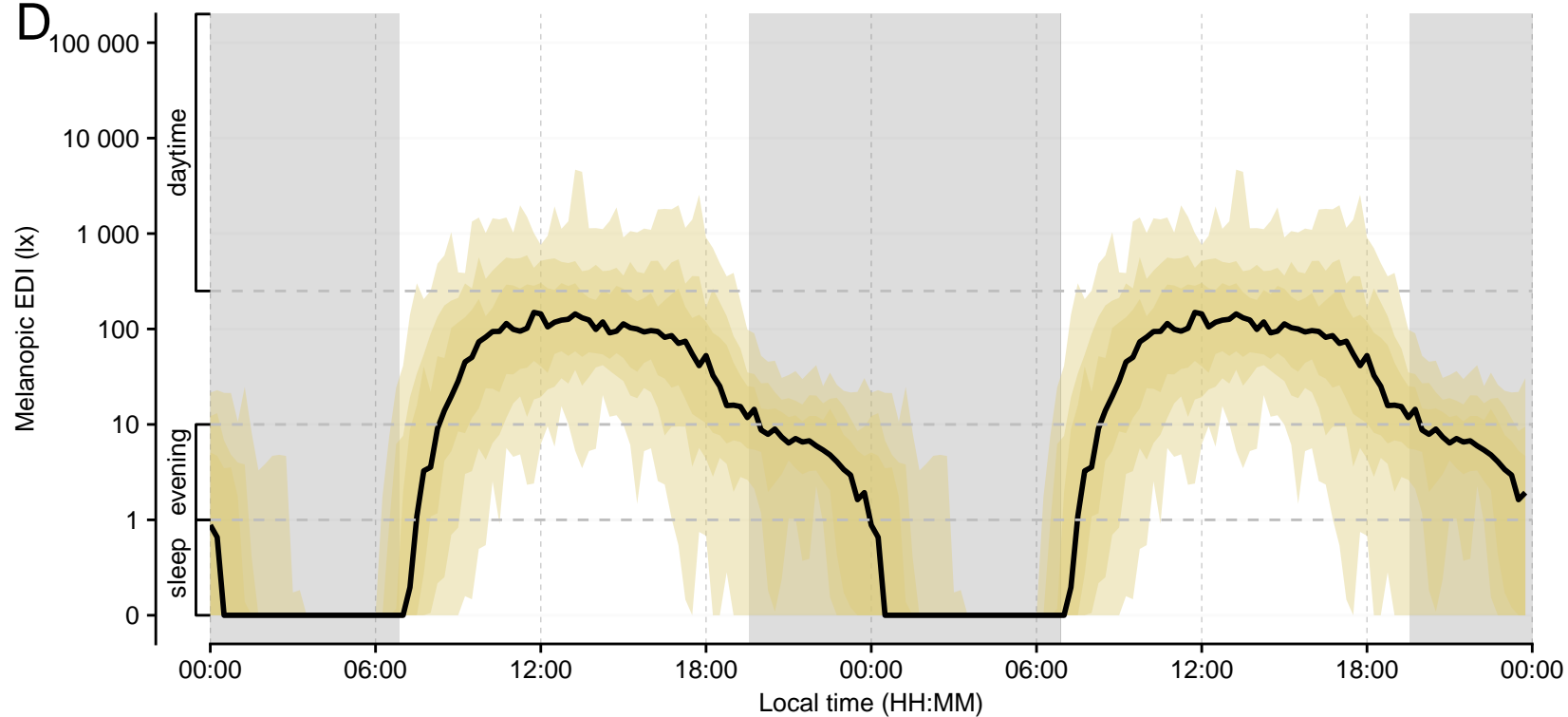
B



C



D



daytime, evening, and sleep indicate recommendations for healthy light exposure (Brown et al., 2022). **Median** with 50%, 75%, or 95% of data.