








Summary table

Tübingen, Germany, 48.5°N, 9.1°E, TZ: Europe/Berlin

Overview

Participants	Participants 26	
Participant-days	Participant-days 208 (8 - 8)	
Days ≥80% complete	Days ≥80% complete 156 (6 - 6)	
Missing/irregular	Missing/Irregular 15.0% (12.0% - 17.0%)	
Photoperiod	Photoperiod 12h 32m (10h 27m - 15h 35m)	 ¹

Metrics²

Dose	D (lx·h) 7,475 ±9,743 (173 - 68,218)	
Duration above 250 lx	TAT ₂₅₀ 2h 44m ±2h 32m (0s - 10h 38m)	
Duration within 1-10 lx	TWT ₁₋₁₀ 3h 45m ±2h 31m (33m - 16h)	
Duration below 1 lx	TBT ₁ 9h 17m ±2h 24m (12m 50s - 17h 46m)	
Period above 250 lx	PAT ₂₅₀ 35m 19s ±40m 46s (0s - 4h 14m)	
Duration above 1000 lx	TAT ₁₀₀₀ 1h 3m ±1h 18m (0s - 6h 52m)	
First timing above 250 lx	FLiT ₂₅₀ 09:09 ±02:34 (00:07 - 15:01)	 ¹
Mean timing above 250 lx	MLiT ₂₅₀ 13:27 ±01:41 (08:03 - 17:48)	 ¹

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








¹ Histogram limits are set from 00:00 to 24:00

² Metrics are calculated on a by-participant-day basis (n=156) with the exception of IV and IS, which are calculated on a by-participant basis (n=26).

³ 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 ₂₅₀	18:31 ±02:42 (11:09 - 23:59)		¹
Brightest 10h midpoint	M10 _{midpoint}	13:50 ±01:34 (09:32 - 18:59)		¹
Darkest 5h midpoint	L5 _{midpoint}	03:21 ±01:42 (02:00 - 20:54)		¹
Brightest 10h mean ³	M10 _{mean} (lx)	149.7 ±208.2 (2.1 - 1,161.4)		
Darkest 5h mean ³	L5 _{mean} (lx)	0.0 ±0.2 (0.0 - 2.1)		
Interdaily stability	IS	0.330 ±0.100 (0.170 - 0.508)		
Intradaily variability	IV	1.159 ±0.377 (0.518 - 1.871)		

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

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