

Table S1. Light exposure per condition in the hours (18:00–22:45) preceding the night shifts.

	Short-Wavelength Narrow-Bandwidth Light (<i>n</i> = 27)	Long-Wavelength Narrow-Bandwidth Light (<i>n</i> = 28)	<i>p</i> ^a
	Mean (SD)	Mean (SD)	
Total white light exposure (lx/min)	17.63 (13.47)	19.65 (22.19)	0.320
Maximum white light exposure (lx)	341.22 (212.19)	431.42 (367.23)	0.495

Note. Light exposure levels assessed with wrist-actigraphy (Actiwatch 2 or Actiwatch Spectrum). ^a Analyzed using Wilcoxon signed ranks test.