

Table S1 LEBA items and their translations across languages

Item	English (source)	Dutch	German	Spanish	Swedish	Turkish
Q1	I wear blue-filtering, orange-tinted, and/or red-tinted glasses indoors during the day.	Ik draag overdag binnen een bril met blauwlichtfilter en/of oranje- of roodgetinte glazen.	Ich habe während des Tages drinnen eine Brille mit Blaulichtfilter oder orange oder rot getönten Gläsern getragen.	Llevo gafas con filtro azul, tinte naranja y/o tinte rojo en interiores durante el día.	Jag bär blåfilterande orangea eller rödtonade glasögon inomhus på dagen.	Gün içinde kapalı mekanlarda mavi filtrelili, turuncu veya kırmızı camlı gözlük takarım.
Q2	I wear blue-filtering, orange-tinted, and/or red-tinted glasses outdoors during the day.	Ik draag overdag buiten een bril met blauwlichtfilter en/of oranje- of roodgetinte glazen.	Ich habe während des Tages draußen eine Brille mit Blaulichtfilter oder orange oder rot getönten Gläsern getragen.	Llevo gafas con filtro azul, tinte naranja y/o tinte rojo en exteriores durante el día.	Jag bär blåfilterande orangea eller rödtonade glasögon utomhus på dagen.	Gün içinde açık havada mavi filtrelili, turuncu veya kırmızı camlı gözlük takarım.
Q3	I wear blue-filtering, orange-tinted, and/or red-tinted glasses within 1 hour before attempting to fall asleep.	Ik draag een bril met blauwlichtfilter en/of oranje- of roodgetinte glazen in het uur voordat ik in slaap probeer te vallen.	Ich habe eine Stunde vor dem Versuch, einzuschlafen, eine Brille mit Blaulichtfilter oder orange oder rot getönten Gläsern getragen.	Llevo gafas con filtro azul, tinte naranja y/o tinte rojo 1 hora antes de intentar conciliar el sueño.	Jag bär blåfilterande orangea eller rödtonade glasögon inom en timma innan jag försöker somna.	Uykuya dalmaya çalışmadan önceki 1 saat içinde mavi filtrelili, turuncu veya kırmızı camlı gözlük takarım.
Q4	I spend 30 minutes or less per day (in total) outside.	Ik ben per dag (in totaal) 30 minuten of minder buiten.	Ich habe (insgesamt) pro Tag 30 Minuten oder weniger draußen verbracht.	Paso 30 minutos o menos al día (en total) al aire libre.	Jag tillbringa 30 minuter eller mindre utomhus per dag (totalt).	Dışarıda günlük toplam 30 dakika veya daha az vakit geçiririm.
Q5	I spend between 30 minutes and 1 hour per day (in total) outside.	Ik ben per dag (in totaal) tussen de 30 minuten en 1 uur buiten.	Ich habe (insgesamt) pro Tag zwischen 30 Minuten und 1 Stunde draußen verbracht.	Paso entre 30 minutos y 1 hora al día (en total) al aire libre.	Jag tillbringa mellan 30 minuter och 1 timma utomhus per dag (totalt).	Dışarıda günlük toplam 30 dakika ila 1 saat arasında vakit geçiririm.
Q6	I spend between 1 and 3 hours per day (in total) outside.	Ik ben per dag (in totaal) tussen de 1 en 3 uur buiten.	Ich habe (insgesamt) pro Tag zwischen 1 und 3 Stunden draußen verbracht.	Paso entre 1 y 3 horas al día (en total) al aire libre.	Jag tillbringa mellan 1 och 3 timmar utomhus per dag (totalt).	Dışarıda günlük toplam 1 ila 3 saat arasında vakit geçiririm.
Q7	I spend more than 3 hours per day (in total) outside.	Ik ben per dag (in totaal) meer dan 3 uur buiten.	Ich habe (insgesamt) pro Tag mehr als 3 Stunden draußen verbracht.	Paso más de 3 horas al día (en total) al aire libre.	Jag tillbringa mer än 3 timmar utomhus per dag (totalt).	Dışarıda günlük toplam 3 saatten fazla vakit geçiririm.
Q8	I spend as much time outside as possible.	Ik ben zo veel mogelijk buiten.	Ich habe so viel Zeit wie möglich draußen verbracht.	Paso todo el tiempo posible al aire libre.	Jag tillbringa så mycket tid som möjligt utomhus.	Dışarıda olabildiğince çok vakit geçiririm.
Q9	I go for a walk or exercise outside within 2 hours after waking up.	Binnen de twee uur nadat ik wakker word, ga ik naar buiten om te wandelen of te sporten.	Ich bin innerhalb der ersten 2 Stunden nach dem Aufwachen draußen spazieren gegangen oder habe draußen Sport gemacht.	Salgo a pasear o hago ejercicio al aire libre en las 2 horas siguientes a levantarme.	Jag går en promenad eller tränar utomhus inom 2 timmar efter att jag vaknat.	Uyandıktan sonraki 2 saat içinde yürüyüş ya da egzersiz için dışarı çıkarım.

Item	English (source)	Dutch	German	Spanish	Swedish	Turkish
Q10	I use my mobile phone within 1 hour before attempting to fall asleep.	Ik gebruik mijn smartphone in het uur voordat ik in slaap probeer te vallen.	Ich habe mein Mobiltelefon innerhalb der letzten Stunde vor dem Versuch, einzuschlafen, benutzt.	Utilizo el teléfono móvil en el plazo de 1 hora antes de intentar conciliar el sueño.	Jag använder min mobiltelefon inom 1 timme innan jag försöker somna.	Uykuya dalmaya çalışmadan önceki 1 saat içinde cep telefonumu kullanırım.
Q11	I look at my mobile phone screen immediately after waking up.	Onmiddellijk nadat ik wakker word, kijk ik naar het scherm van mijn smartphone.	Ich habe direkt nach dem Aufwachen auf das Display meines Mobiltelefons geschaut.	Miro la pantalla del móvil nada más despertarme.	Jag tittar på min mobiltelefonskärmen omedelbart efter att jag vaknat.	Uyanır uyanmaz telefonumun ekranına bakarım.
Q12	I check my phone when I wake up at night.	Ik kijk op mijn telefoon wanneer ik 's nachts wakker word.	Ich habe, wenn ich nachts aufgewacht bin, auf mein Mobiltelefon geschaut.	Miro el móvil cuando me despierto por la noche.	Jag kollar min telefon när jag vaknar på natten.	Gece uyandığımda telefonumu kontrol ederim.
Q13	I look at my smartwatch within 1 hour before attempting to fall asleep.	Ik kijk op mijn smartwatch in het uur voordat ik probeer in slaap te vallen.	Ich habe innerhalb der letzten Stunde vor dem Versuch, einzuschlafen, auf meine Smartwatch geschaut.	Miro mi smartwatch personal 1 hora antes de intentar conciliar el sueño.	Jag tittar på min smartklocka inom 1 timme innan jag försöker somna.	Uykuya dalmaya çalışmadan önceki 1 saat içinde akıllı saatime göz atarım.
Q14	I look at my smartwatch when I wake up at night.	Ik kijk op mijn smartwatch als ik 's nachts wakker word.	Ich habe, wenn ich nachts aufgewacht bin, auf meine Smartwatch geschaut.	Miro mi smartwatch personal cuando me despierto por la noche.	Jag tittar på min smartklocka när jag vaknar på natten.	Gece uyandığımda akıllı saatime göz atarım.
Q15	I dim my mobile phone screen within 1 hour before attempting to fall asleep.	Ik dim het scherm van mijn mobiele telefoon in het uur voordat ik probeer in slaap te vallen.	Ich habe innerhalb der letzten Stunde vor dem Versuch, einzuschlafen, das Display meines Mobiltelefons gedimmt.	Atenúo la pantalla de mi teléfono móvil 1 hora antes de intentar conciliar el sueño.	Jag dämpar ljuset på min mobiltelefonskärmen inom 1 timme innan jag försöker somna.	Uykuya dalmaya çalışmadan önceki 1 saat içinde cep telefonu ekranımın parlaklığını kısarım.
Q16	I use a blue-filter app on my computer screen within 1 hour before attempting to fall asleep.	Ik gebruik een app om het blauwe licht op mijn computerscherm te filteren in het uur voordat ik probeer in slaap te vallen.	Ich habe innerhalb der letzten Stunde vor dem Versuch, einzuschlafen, den Blaulichtfilter auf meinem Computer aktiviert.	Utilizo una aplicación de filtro azul en la pantalla del ordenador 1 hora antes de intentar conciliar el sueño.	Jag använder en blåljusfilterapp på min datorskärm inom 1 timme innan jag försöker somna.	Uykuya dalmaya çalışmadan önceki 1 saat içinde bilgisayarımın ekranında mavi filtre uygulaması kullanırım.
Q17	I use as little light as possible when I get up during the night.	Ik doe zo min mogelijk licht aan als ik 's nachts opsta.	Wenn ich nachts aufgewacht bin, habe ich so wenig Licht wie möglich genutzt.	Uso la menor luz posible cuando me levanto durante la noche.	Jag tänder så lite ljus som möjligt när jag går upp på natten.	Gece yataktan kalktığımda mümkün olduğunca az ışık kullanırım.
Q18	I dim my computer screen within 1 hour before attempting to fall asleep.	Ik dim mijn computerscherm in het uur voordat ik in slaap probeer te vallen.	Ich habe innerhalb der letzten Stunde vor dem Versuch, einzuschlafen, meinen	Atenúo la pantalla del ordenador 1 hora antes de intentar conciliar el sueño.	Jag dämpar ljuset på min datorskärm inom 1 timme innan jag försöker somna.	Uykuya dalmaya çalışmadan önceki 1 saat içinde bilgisayar ekranımın

Item	English (source)	Dutch	German	Spanish	Swedish	Turkish
			Computerbildschirm gedimmt.			parlaklığını kısarım.
Q19	I use tunable lights to create a healthy light environment.	Ik gebruik afstembare verlichting om een gezonde lichtomgeving te scheppen.	Ich habe steuerbares Licht genutzt, um eine gesunde Lichtumgebung zu schaffen.	Utilizo luces regulables para crear un entorno luminoso saludable.	Jag använder justerbara lampor för att skapa en hälsosam ljusmiljö.	Sağlıklı bir aydınlatma sağlamak için rengi veya parlaklığı ayarlanabilen ışıklar kullanırım.
Q20	I use LEDs to create a healthy light environment.	Ik gebruik ledlampen om een gezonde lichtomgeving te creëren.	Ich habe LEDs genutzt, um eine gesunde Lichtumgebung zu schaffen.	Utilizo LED para crear un entorno luminoso saludable.	Jag använder LED-lampor för att skapa en hälsosam ljusmiljö.	Sağlıklı bir aydınlatma sağlamak için LED kullanırım.
Q21	I use a desk lamp when I do focused work.	Ik gebruik een bureaulamp als ik geconcentreerd werk.	Ich habe bei konzentrierter Arbeit eine Schreibtischlampe benutzt.	Utilizo una lámpara de escritorio para los trabajos que requieren concentración.	Jag använder en skrivbordslampa när jag utför fokuserat arbete.	Odaklanma gerektiren bir iş yaparken masa lambası kullanırım.
Q22	I use an alarm with a dawn simulation light.	Ik gebruik een wekker met een lamp die het ochtendgloren nabootst.	Ich habe einen Wecker genutzt, der das Licht der Morgendämmerung simuliert.	Utilizo un despertador con una luz que simula el amanecer.	Jag använder en väckarklocka eller motsvarande som simulerar gryningsljus.	Gün doğumunu taklit eden ışıklı bir alarm kullanırım.
Q23	I turn on the lights immediately after waking up.	Als ik wakker word, doe ik direct het licht aan.	Ich habe direkt nach dem Aufwachen das Licht angemacht.	Enciendo las luces nada más despertarme.	Jag tänder lamporna direkt när jag vaknar.	Uyanır uyanmaz ışıkları açarım.
Response categories	Never	Nooit	Nie	Nunca	Aldrig	Asla
	Rarely	Zelden	Selten	Rara vez	Sällan	Nadiren
	Sometimes	Soms	Manchmal	A veces	Ibland	Bazen
	Often	Vaak	Oft	A menudo	Ofta	Sıklıkla
	Always	Altijd	Immer	Siempre	Alltid	Her zaman

Table S2 Descriptive statistics

city	country	language	scale	min	max	mean	sd	N
Dortmund	Germany	German	ase	0.00	17.00	6.36	5.48	22
Dortmund	Germany	German	leba_F2	1.50	3.67	2.59	0.65	22
Dortmund	Germany	German	leba_F3	1.20	4.60	2.75	0.80	22
Dortmund	Germany	German	leba_F4	1.50	5.00	3.66	1.13	22
Dortmund	Germany	German	leba_F5	1.00	3.80	1.98	0.81	22
Dortmund	Germany	German	mctq_msf	2.54	6.04	4.05	0.95	22
Dortmund	Germany	German	mctq_msfsc	2.15	6.07	3.71	0.98	22
Dortmund	Germany	German	mctq_msw	1.50	4.50	2.79	0.96	22
Dortmund	Germany	German	mctq_sdf	4.33	10.17	8.53	1.33	22
Dortmund	Germany	German	mctq_sdw	4.83	9.00	7.59	1.02	22
Dortmund	Germany	German	mctq_sj	0.25	2.23	1.26	0.57	22
Dortmund	Germany	German	meq	38.00	71.00	51.86	9.20	22
Dortmund	Germany	German	vlsq8	8.00	28.00	15.68	5.98	22
Izmir	Turkiye	Turkish	ase	7.00	20.00	11.65	3.57	17
Izmir	Turkiye	Turkish	leba_F2	1.83	3.33	2.63	0.47	17
Izmir	Turkiye	Turkish	leba_F3	1.80	3.40	2.91	0.47	17
Izmir	Turkiye	Turkish	leba_F4	1.25	5.00	3.41	1.01	17
Izmir	Turkiye	Turkish	leba_F5	1.00	4.00	2.42	0.76	17
Izmir	Turkiye	Turkish	mctq_msf	3.25	7.42	5.54	1.18	17
Izmir	Turkiye	Turkish	mctq_msfsc	2.96	7.08	5.35	1.09	17
Izmir	Turkiye	Turkish	mctq_msw	3.08	5.50	4.40	0.76	17
Izmir	Turkiye	Turkish	mctq_sdf	6.33	10.67	7.84	1.10	17
Izmir	Turkiye	Turkish	mctq_sdw	5.83	9.50	7.35	0.96	17
Izmir	Turkiye	Turkish	mctq_sj	0.00	2.42	1.14	0.65	17
Izmir	Turkiye	Turkish	meq	30.00	62.00	48.24	10.24	17
Izmir	Turkiye	Turkish	vlsq8	9.00	30.00	18.82	6.36	17
Kumasi	Ghana	English	ase	8.00	20.00	12.64	4.13	14
Kumasi	Ghana	English	leba_F2	2.00	4.00	2.94	0.56	14
Kumasi	Ghana	English	leba_F3	2.20	4.60	3.00	0.68	14
Kumasi	Ghana	English	leba_F4	2.00	4.00	3.04	0.71	14
Kumasi	Ghana	English	leba_F5	1.40	3.20	2.16	0.60	14
Kumasi	Ghana	English	mctq_msf	1.38	3.83	2.58	0.75	14
Kumasi	Ghana	English	mctq_msfsc	1.38	4.01	2.48	0.70	14
Kumasi	Ghana	English	mctq_msw	0.82	3.08	2.07	0.65	14
Kumasi	Ghana	English	mctq_sdf	5.33	10.50	7.78	1.60	14
Kumasi	Ghana	English	mctq_sdw	5.83	10.83	7.51	1.42	14
Kumasi	Ghana	English	mctq_sj	0.00	1.43	0.51	0.54	14

city	country	language	scale	min	max	mean	sd	N
Kumasi	Ghana	English	meq	45.00	73.00	62.21	7.80	14
Kumasi	Ghana	English	vlsq8	8.00	25.00	16.14	4.62	14
Madrid	Spain	Spanish	ase	3.00	16.00	10.40	3.28	20
Madrid	Spain	Spanish	leba_F2	1.50	4.17	2.58	0.72	20
Madrid	Spain	Spanish	leba_F3	1.20	4.60	2.63	0.82	20
Madrid	Spain	Spanish	leba_F4	1.25	5.00	2.78	0.84	20
Madrid	Spain	Spanish	leba_F5	2.00	3.80	2.74	0.51	20
Madrid	Spain	Spanish	mctq_msf	1.92	8.25	4.95	1.45	20
Madrid	Spain	Spanish	mctq_msfc	1.92	8.13	4.89	1.40	20
Madrid	Spain	Spanish	mctq_msw	1.92	5.38	3.49	0.72	20
Madrid	Spain	Spanish	mctq_sdf	5.00	9.25	7.56	1.21	20
Madrid	Spain	Spanish	mctq_sdw	5.17	9.25	7.39	1.00	20
Madrid	Spain	Spanish	mctq_sj	0.00	3.83	1.46	0.98	20
Madrid	Spain	Spanish	meq	42.00	67.00	53.90	7.54	20
Madrid	Spain	Spanish	vlsq8	8.00	29.00	17.35	5.30	20
Munich	Germany	German	ase	5.00	17.00	12.50	3.27	10
Munich	Germany	German	leba_F2	1.50	3.50	2.58	0.62	10
Munich	Germany	German	leba_F3	2.00	4.20	2.80	0.65	10
Munich	Germany	German	leba_F4	1.00	4.00	2.75	0.90	10
Munich	Germany	German	leba_F5	1.80	2.80	2.36	0.30	10
Munich	Germany	German	mctq_msf	4.33	9.00	5.58	1.30	10
Munich	Germany	German	mctq_msfc	3.78	9.00	5.42	1.43	10
Munich	Germany	German	mctq_msw	3.54	5.08	4.28	0.58	10
Munich	Germany	German	mctq_sdf	4.00	11.17	8.04	1.83	10
Munich	Germany	German	mctq_sdw	4.00	9.67	7.49	1.45	10
Munich	Germany	German	mctq_sj	0.50	4.00	1.30	1.06	10
Munich	Germany	German	meq	35.00	58.00	46.40	7.21	10
Munich	Germany	German	vlsq8	13.00	25.00	16.80	3.55	10
SanJose	CostaRica	Spanish	ase	4.00	18.00	11.08	3.33	38
SanJose	CostaRica	Spanish	leba_F2	1.00	3.50	2.23	0.57	38
SanJose	CostaRica	Spanish	leba_F3	1.20	5.40	3.35	1.03	38
SanJose	CostaRica	Spanish	leba_F4	1.00	5.00	3.12	1.09	38
SanJose	CostaRica	Spanish	leba_F5	1.00	4.20	2.32	0.75	38
SanJose	CostaRica	Spanish	mctq_msf	2.33	6.50	4.08	0.95	38
SanJose	CostaRica	Spanish	mctq_msfc	1.26	6.21	3.74	1.03	38
SanJose	CostaRica	Spanish	mctq_msw	0.83	5.00	2.96	0.94	38
SanJose	CostaRica	Spanish	mctq_sdf	6.25	10.33	7.80	0.94	38
SanJose	CostaRica	Spanish	mctq_sdw	4.50	8.50	6.85	0.88	38

city	country	language	scale	min	max	mean	sd	N
SanJose	CostaRica	Spanish	mctq_sj	0.00	3.00	1.11	0.73	38
SanJose	CostaRica	Spanish	meq	34.00	72.00	55.34	10.00	38
SanJose	CostaRica	Spanish	vlsq8	9.00	34.00	18.42	5.66	38
Tubingen	Germany	English	ase	1.00	18.00	10.08	4.54	26
Tubingen	Germany	English	leba_F2	1.50	3.83	2.74	0.63	26
Tubingen	Germany	English	leba_F3	2.20	4.40	2.92	0.55	26
Tubingen	Germany	English	leba_F4	1.00	5.00	3.42	1.17	26
Tubingen	Germany	English	leba_F5	1.00	4.40	2.41	0.84	26
Tubingen	Germany	English	mctq_msf	2.38	6.50	4.72	1.11	26
Tubingen	Germany	English	mctq_msfc	2.38	6.50	4.60	1.09	26
Tubingen	Germany	English	mctq_msw	2.08	6.50	3.82	0.95	26
Tubingen	Germany	English	mctq_sdf	5.92	9.25	7.88	0.80	26
Tubingen	Germany	English	mctq_sdw	5.83	9.00	7.51	0.82	26
Tubingen	Germany	English	mctq_sj	-0.33	2.00	0.91	0.64	26
Tubingen	Germany	English	meq	28.00	70.00	49.81	12.10	26
Tubingen	Germany	English	vlsq8	8.00	26.00	15.08	5.67	26

Table S3 ANOVA results for language effects

Scale	Term	DF1	DF2	F	Eta ²	p	p (FDR)
mctq_msf	country	4	142	15.534	0.304	1.45e-10	2.13e-09
mctq_msfc	country	4	142	15.443	0.303	1.64e-10	2.13e-09
mctq_msw	country	4	142	14.296	0.287	7.86e-10	6.81e-09
meq	country	4	142	6.163	0.148	1.33e-04	8.65e-04
mctq_msw	language	3	143	7.105	0.130	1.75e-04	9.10e-04
mctq_msf	language	3	143	5.976	0.111	7.24e-04	3.14e-03
leba_F2	country	4	142	4.614	0.115	2.00e-03	6.50e-03
mctq_msfc	language	3	143	5.253	0.099	2.00e-03	6.50e-03
leba_F2	language	3	143	4.565	0.087	4.00e-03	1.16e-02
leba_F3	country	4	142	3.685	0.094	7.00e-03	1.82e-02
mctq_sj	country	4	142	3.432	0.088	1.00e-02	2.17e-02
mctq_sj	language	3	143	3.902	0.076	1.00e-02	2.17e-02
ase	language	3	143	3.558	0.069	1.60e-02	3.20e-02
ase	country	4	142	2.940	0.076	2.30e-02	4.27e-02
mctq_sdw	country	4	142	2.847	0.074	2.60e-02	4.51e-02
meq	language	3	143	2.878	0.057	3.80e-02	6.17e-02
vlsq8	language	3	143	2.707	0.054	4.80e-02	7.34e-02
mctq_sdw	language	3	143	2.540	0.051	5.90e-02	8.52e-02
leba_F5	country	4	142	2.106	0.056	8.30e-02	1.05e-01
vlsq8	country	4	142	2.122	0.056	8.10e-02	1.05e-01
mctq_sdf	language	3	143	2.254	0.045	8.50e-02	1.05e-01
leba_F5	language	3	143	1.819	0.037	1.46e-01	1.73e-01
leba_F4	country	4	142	1.672	0.045	1.60e-01	1.81e-01
leba_F4	language	3	143	1.328	0.027	2.68e-01	2.90e-01
leba_F3	language	3	143	1.234	0.025	3.00e-01	3.12e-01
mctq_sdf	country	4	142	1.184	0.032	3.20e-01	3.20e-01

Figure S1 MeLiDos Study Instructions

LIGHT EXPOSURE IN DAILY LIFE

INSTRUCTIONS FOR WEARING THE LIGHT GLASSES



WHEN TO WEAR THEM

You are expected to wear the light glasses throughout the entire day **while you are doing your daily activities, for at least 80% of your wake time.**

If you are unsure whether you need to wear or take off the light glasses, please get in touch.

WHEN TO TAKE THEM OFF

During the day, you are expected to **remove** the light glasses in case of swimming, showering, bathing, sauna, contact sports, clubbing and any other activities that could lead to contact with water or damage the light glasses.

HOW TO WEAR THE LIGHT GLASSES

MORNING - AFTER WAKING UP

1. Press button on glasses (red light will blink)
2. Place the glasses back on
3. Go on MyCap > Wear Log > Current event > Putting the light glasses on

DURING THE DAY - WHILE AWAKE

Taking the **light glasses off**:

1. Press button on glasses (red light will blink)
2. Place them in black bag
3. Go on MyCap > Wear Log > Current event > Taking the light glasses off

Putting **light glasses on**:

1. Press button on glasses (red light will blink)
2. Place them back on
3. Go on MyCap > Wear Log > Current event > Putting the light glasses on

EVENING - JUST BEFORE SLEEP

Only remove the light glasses **just** before going to sleep (if watching a film in bed: keep them on). When going to sleep:

1. Press button on glasses (red light will blink)
2. Place the devices **on a bedside table** as illustrated on back page
3. Go on MyCap > Wear Log > Current event > Taking the light glasses off and placing them on nightstand before sleep

TAKING THEM OFF FOR <1 MIN?

If removing the light glasses for short activities (<1 minute, e.g., washing face in the morning, cleaning the glasses lenses):

1. Place them close to you
2. **Do not** press the button
3. **Do not** fill in wear log

FORGOT SOMETHING?

If you **forgot to place the light glasses in the black bag**:

- You can note this down in wear log

If you **forgot to use the wear log**:

- Please do it as soon as you remember
- In wear log, select "**past event**"

For any doubts or questions, feel free to ask:
[email]



Light glasses facing up on a bedside table.



If you don't have a bedside table, place the light glasses facing up on a flat surface.

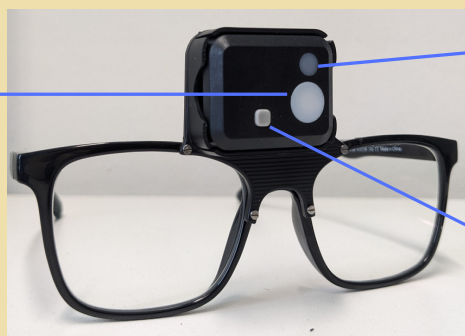


Do not place the light glasses facing forward in the horizontal plane.



Do not place the light glasses facing downwards.

**SENSOR -
DO NOT TOUCH!**



**LIGHT WHICH BLINKS RED
AFTER BUTTON PRESS**

BUTTON



LIGHT EXPOSURE IN DAILY LIFE

DAILY QUESTIONNAIRES



FILL IN SCHEDULE:

AFTER WAKING UP, on MyCap

- **Wear log** as soon as you put the light glasses on
- **Morning sleep diary**

AT 11:00, on MyCap

- **Current conditions:** light, mood and alertness

AT 14:00, on MyCap

- **Current conditions:** light, mood and alertness

AT 17:00, on MyCap

- **Current conditions:** light, mood and alertness

AT 20:00, on MyCap

- **Current conditions:** light, mood and alertness

JUST BEFORE SLEEP

- **Evening diaries** (on MyCap)
 - **Exercise diary**
 - **Wellbeing diary**
- **Light exposure diary** (on paper)
 - Upload it on the cloud folder shared with you via email

THROUGHOUT THE DAY:



WEAR LOG, on MyCap

- To fill in when:
 - Putting the **light glasses on**
 - Taking the **light glasses off**
 - Taking the **light glasses off before bed**
 - **Exiting [location] surroundings** (60km radius)
- If you forget to do this, please still fill in the wear log as soon as you remember



EXPERIENCE LOG, on MyCap

Your experiences while **wearing the light glasses during daily activities:**

- Questions and/or comments
- Feelings about wearing the glasses
- Specific situations

For any doubts or questions, feel free to ask: [email]