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3 **Results for Supplementary Figure S1: Comparing EEG activity on the LE's to the PRE evening**
4 **for each light condition separately, EEG activity on the LE evenings was significantly lower in**
5 **some frequency bins in the EEG beta range, (e.g. between 15.75 and 16.25, 20.25 to 20.75, 21.75-**
6 **24.25 Hz, and 24.75 to 25.25 Hz), in the group exposed to blue-enriched polychromatic light**
7 **($p < 0.05$; one-way rANOVA; $F_{4,16} > 3.0$; $p < 0.05$; (Figure S1)**
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10 **Figure S1:**

11 Relative EEG power density for each LE (% of PRE LE evening at the same clock time) and each light
12 group; mean + SEM; n=5 per light group. Left panel: blue-enriched polychromatic white light group
13 (black circles); right panel: white polychromatic light group (white circles). Open triangles indicate the
14 frequency bins in which a significant difference between the respective LE and the PRE condition was
15 found (one-way rANOVA $p < 0.05$).
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