

Early evening light mitigates sleep compromising physiological and alerting responses to subsequent late evening light

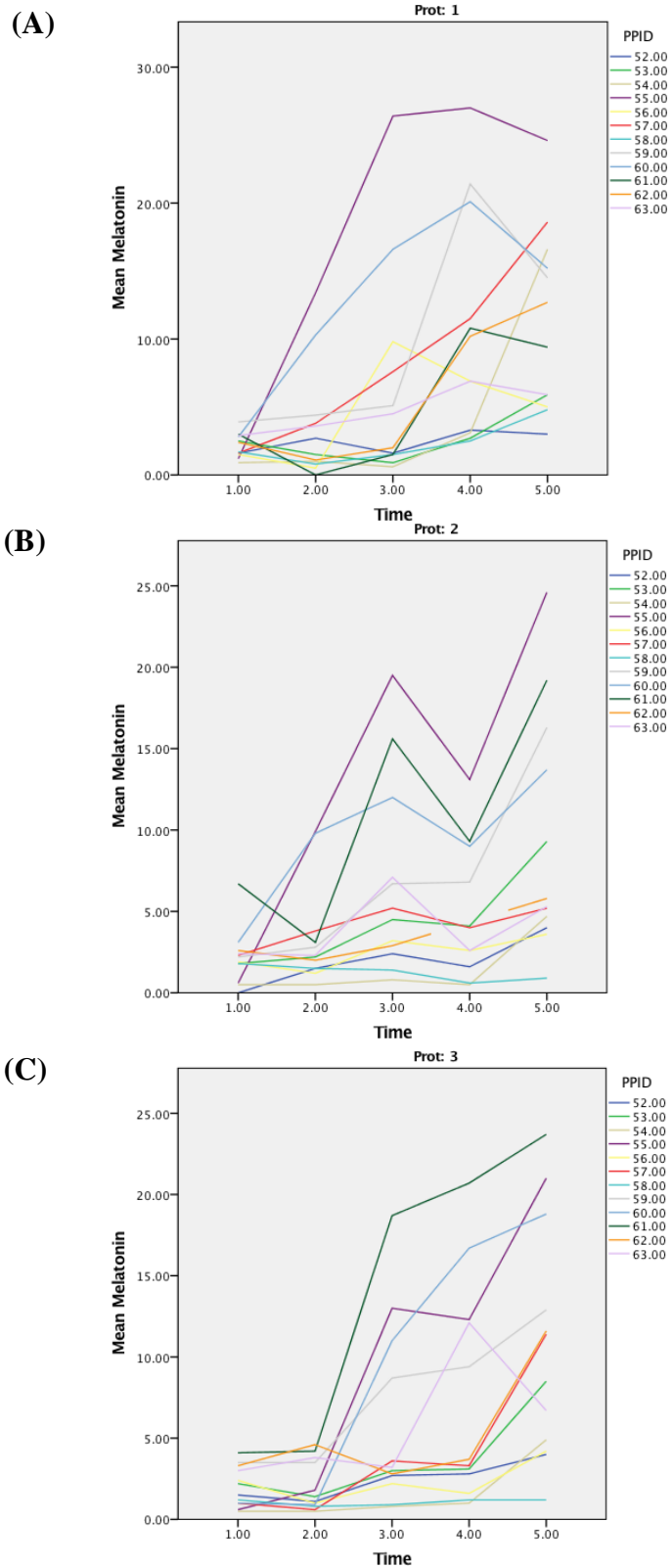
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Supplementary Figures



Supplementary Figure 1. Individual time-course of the melatonin concentration (pg/l) per session. (A) Melatonin concentration during dim light session. (B) Melatonin concentration during the 1 hour light session. (C) Melatonin concentration during the prior light exposure session. Each coloured line represents a participant.