

Table 1 Participant Characteristics

Participants exposed to lighting intervention					
ID	Gender	Age (Years)	Height (cm)	Weight (kg)	Medical History
1	F	83.33	156	45.45	IDDM, TIAs, CKD, HTN, OP, ADRD
2	M	80.42	178	54.35	Valvular Heart Disease, MR, IHD, AF, PPM, coeliac disease, vertigo, asthma, HTN, cataracts
3	F	65.08	169	59.7	ADRD, depression
4	F	82.83	148	59.85	HTN, OA, CCF, Hiatus hernia, Oesophagitis
5	M	76.50	180	92.4	HTN, AF, COPD, Osteopenia, BPH
6	F	88.75	152	63.3	HTN, polymyalgia rheumatica, anxiety disorder, ADRD, OP
Participants not-exposed to lighting intervention					
ID	Gender	Age (Years)	Height (cm)	Weight (kg)	Medical History
7	M	77.75	176	63.35	CVA, ADRD, HTN, cerebral amyloid angiopathy
8	F	84.00	161	103.25	HTN, OA, Angina, Mild LVF, depression, anxiety disorder
9	F	84.17	170	61.05	OP, ADRD, Hysterectomy, HTN, cholecystectomy

Abbreviations: ADRD, Alzheimer’s Disease and Related Dementia; AF, atrial fibrillation; BPH, benign prostatic hyperplasia; CCF, congestive cardiac failure; CKD, chronic kidney disease; CVA, cerebral vascular attack; HTN, hypertension; IDDM, Insulin Dependent Diabetes Mellitus; IHD, ischaemic heart disease; MR, mitral regurgitation; OA, osteoarthritis; OP, osteoporosis; PPM permanent pacemaker; TIA, Transient Ischaemic Attack

Table 2 Measures of sleep, activity and mood for each study participant at week 1 (W1) – baseline, week 6 (W6) - post intervention, and week 8 (W8) - follow-up.

	Study ID	AM Mood Score			PM Mood Score			Time In Bed (mins)			Total Sleep Time (mins)			Sleep Efficiency (%)			Total Steps/Week		
		W1	W6	W8	W1	W6	W8	W1	W6	W8	W1	W6	W8	W1	W6	W8	W1	W6	W8
Exposed Group	1	6.6	5.3	5.2	6.6	5.4	5.2	508.2	505.6	399	461.7	460.4	362.5	91.2	91.7	92.6	945	2026	477
	2	5.9	7.4	6	6.9	7.6	6.4	438	460	467	414.7	450	452	94.7	97.7	96.8	3420	6054	4385
	3	7.3	6	6.1	7.6	6.1	6.3	410.7	503.6	372.2	383	467.9	349	93.7	93	94.5	Not mobile		
	4	6.6	6.6	6.6	7.6	6.7	6.7	607.1	607.1	630.7	552.4	552.4	574.2	91.1	91.1	91.7	2686	1232	1277
	5	3		4	3.5		4	1038		995.7	944.3		931.7	92.2		94.3	Not mobile		
	6	8.5	6.8	6.5	9	6.6	6.5	428	388	207.9	381	331	182	90.1	86.8	89.8	15904	9263	30141
Non-Exposed Group	7	5.7	5.1	5.1	6.4	5.1	5.1	237.7	171.8	223	232.1	166.5	217.4	97.4	97.8	97.8	2571	1201	2486
	8	3.4	6.3	6.3	8.6	6.4	6.4	594	594	910	554.7	554.7	816.7	93.7	93.7	89.8	2874	1954	1956
	9	8	7.2	7.2	5.8	7.3	7.3	436	526	360.6	372	465	316.1	85.9	87.9	88.5	33188	18495	45301

No data presented for participant 5 at W6 as participant was admitted to hospital.