

Fig. S1. Actograms of flies under control (LL, LD), blue and green light show dark phase activity. The double-plotted actograms represent the activity of flies under LL control (A), LD control (B), blue light (C), and green (D). The actograms of blue and green light show higher activity in the dark phase (where the lights are off at 20:00 hr & lights on at 08:00 hr). The time of the day is plotted on the x-axis, while the number of cycles is on the y-axis. The gray and white shaded regions indicate the dark and light phases of the LD (12:12) regime respectively. The double plotted graph shows bouts of flies in 10-day average activity over a 48hr time scale under control lights (LL and DD; E) and LD control and colored lights (F). The x-axis denotes the time of the day, and the y-axis represents activity bouts.

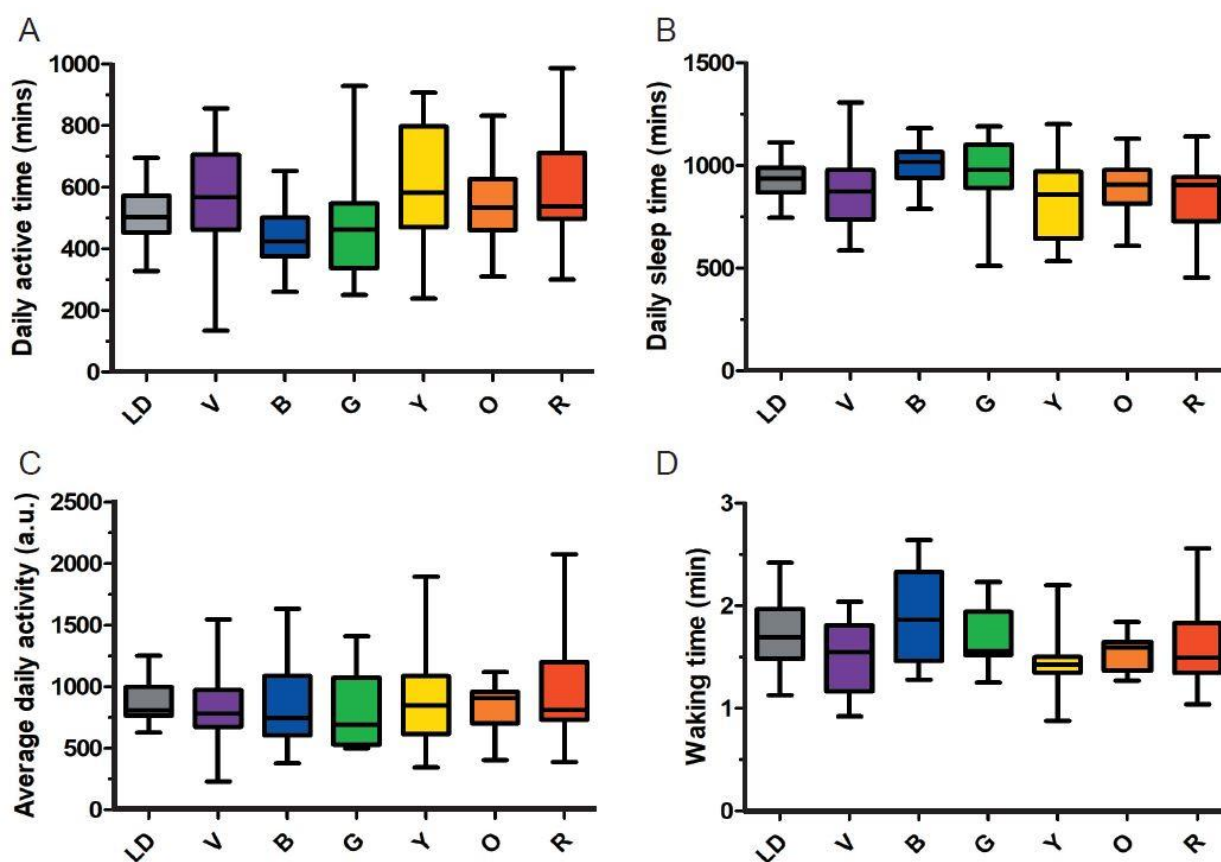


Fig. S2. No difference in daily active time, sleep time, activity, and waking time. The daily active time (A), sleep time (B), average daily activity (C), and waking time (D) show no effect of light. The *x*-axis denotes the light imposed (A-D), and the *y*-axis denotes active time (A), sleep time (B), activity in arbitrary units (a.u.) (C), and waking time (D). Other details are the same as in figure 1.

Table S1. Summarized statistical details of lifespan and activity assay performed under LD12:12 hr. ANOVA on the lifespan and activity data of the flies, followed by posthoc multiple comparisons by Tukey's test shows a significant difference upon independent variables and their interaction.

Assay	Effect	<i>d.f.</i>	MS effect	<i>d.f.</i> <i>error</i>	MS error	F	p <
Lifespan	Light (L)	8	444.1	81	18.5	24.06	0.0001
Average activity	Light (L)	8	183171382.4	276	17998543.9	10.18	0.0001
Activity under LD phase	Coloured Light (CL)	6	71777	126	20158	3.56	0.0027
		1	452878	126	20158	22.47	0.0001
	Phase (P)	6	93583	126	20158	4.64	0.0003
	CL × P						
Activity under Light phase	Light (L)	6	9433.1	819	446.1	21.15	0.0001
	Time (T)	2	142660.2	819	446.1	319.82	0.0001
	L × T	12	1893.5	819	446.1	4.25	0.0001

Table S2. Summarized statistical details of active time, sleep time, and related parameters performed under LD12:12 hr. ANOVA followed by posthoc multiple comparisons by Tukey's test and Bonferroni's test (active time, sleep time, sleep depth) shows a significant difference in independent variables and their interaction.

Assay	Effect	<i>d.f.</i>	MS effect	<i>d.f.</i> <i>error</i>	MS error	<i>F</i>	<i>p</i> <
Active time	Light (L)	6	48098	268	8220	5.85	0.0001
	Time (T)	1	246635	268	8220	30.00	0.0001
	L × T	6	55609	268	8220	6.77	0.0001
Sleep time	Light (L)	6	48098	268	8220	5.85	0.0001
	Time (T)	1	246635	268	8220	30.00	0.0001
	L × T	6	55609	268	8220	6.77	0.0001
Anticipation index							
	Morning						
	Light (L)	6	0.06	215	0.02	2.72	0.0146
	Evening						
	Light (L)	6	0.05	216	0.01	5.13	0.0001
Sleep depth	Light (L)	6	17020	63	543.5	9.33	0.0001
	Time (T)	1	711	63	543.5	1.31	0.2570
	L × T	6	36460	63	543.5	67.09	0.0001
Sleep latency	Light (L)	6	787.3	134	290.5	2.71	0.0162
Fraction of wake bouts	Light (L)	30	-	522	-	1.5	0.0466
Fraction of sleep bouts	Light (L)	30	-	522	-	1.4	0.085

Table S3. Details of the filters used and its transmission obtained from the website of Lee filters, USA.

S. No.	Filter no.	Color name	Wavelength (nm)	Light transmitted %
1.	181	Congo blue	400-440	23%
2.	201	Full CTB	460-500	76%
3.	738	JAS Green	500-570	81%
4.	101	Yellow	570-590	87%
5.	204	Full CTO	590-620	85%
6.	106	Primary red	620-700	81%