

Table S1. Dawn and dusk simulation

Dawn and dusk were simulated by adjusting the light every 10 minutes as a % of the full strength pulse (FP) light (330 lux) over the period of 2 hours.

Dawn		Dusk	
Time	% FP	Time	% FP
04:50	0	16:50	100
05:00	20	17:00	95
05:10	25	17:10	90
05:20	30	17:20	80
05:30	35	17:30	70
05:40	40	17:40	60
05:50	45	17:50	50
06:00	50	18:00	45
06:10	60	18:10	40
06:20	70	18:20	35
06:30	80	18:30	30
06:40	90	18:40	25
06:50	95	18:50	20
07:00	100	19:00	0