

Appendix 1.

Experimental photophase light conditions that the animals were exposed to.

Light colour	Wavelength	Lux	Light /Dark	Cycle duration
Blue (SWLC)	465 – 470 nm	~100	L 06:00-18:00/D 18:00-06:00	3 weeks
Green (MWLC)	515 - 520 nm	~90	L 06:00-18:00/D 18:00-06:00	3 weeks
Red (LWLC)	625 – 630 nm	~35	L 06:00-18:00/D 18:00-06:00	3 weeks