

Supplementary Table. Mean hourly light values over 24-hour period (for Figure 3; averaged over seven days) as measured by the Daysimeter and the H-LEA questionnaire, overall and stratified by shift work status in validation subgroup of 132 participants from the NHS2 cohort.

Time of Day	Daysimeter: Photopic illuminance (lux)	Daysimeter: Circadian light (lux)	H-LEA questionnaire: Corneal illuminance (lux)
<i>Overall (n=132)</i>			
12 - 1 am	25.2	23.1	26.3
1 - 2 am	21.3	19.8	22.0
2 - 3 am	20.7	19.6	21.1
3 - 4 am	20.7	19.8	20.6
4 - 5 am	21.6	20.4	20.2
5 - 6 am	24.7	22.1	28.2
6 - 7 am	41.0	41.0	70.0
7 - 8 am	134	159	208
8 - 9 am	273	326	343
9 - 10 am	431	535	316
10 - 11 am	540	670	326
11 am - 12 pm	579	705	361
12 - 1 pm	689	856	383
1 - 2 pm	798	950	370
2 - 3 pm	813	990	407
3 - 4 pm	768	921	434
4 - 5 pm	568	668	446
5 - 6 pm	421	489	376
6 - 7 pm	302	354	303
7 - 8 pm	119	133	189
8 - 9 pm	47.5	43.7	105
9 - 10 pm	46.0	41.7	50.8
10 - 11 pm	50.8	45.5	42.5
11 pm - 12 am	35.8	32.7	33.2
<i>Day Workers (n=47)</i>			
12 - 1 am	3.4	2.7	2.8
1 - 2 am	0.87	0.62	2.2
2 - 3 am	0.51	0.39	2.60
3 - 4 am	0.31	0.24	3.37
4 - 5 am	1.36	1.0	3.3
5 - 6 am	9.6	7.7	20.3
6 - 7 am	41.5	43.6	116
7 - 8 am	154	185	251

8 - 9 am	348	421	285
9 - 10 am	406	504	284
10 - 11 am	575	724	360
11 am - 12 pm	716	890	402
12 - 1 pm	904	1133	439
1 - 2 pm	969	1180	463
2 - 3 pm	1148	1375	485
3 - 4 pm	1083	1288	504
4 - 5 pm	768	934	494
5 - 6 pm	520	624	427
6 - 7 pm	273	319	307
7 - 8 pm	136	148	196
8 - 9 pm	54.0	50.1	131
9 - 10 pm	63.2	58.8	45.8
10 - 11 pm	61.2	59.4	34.5
11 pm - 12 am	24.5	23.5	14.7
<i>Night Workers (n=85)</i>			
12 - 1 am	37.3	34.4	39.4
1 - 2 am	32.4	30.2	33.0
2 - 3 am	31.7	30.0	31.4
3 - 4 am	31.9	30.4	30.3
4 - 5 am	32.7	30.9	29.7
5 - 6 am	32.9	29.9	32.6
6 - 7 am	40.8	39.6	44.1
7 - 8 am	123	145	184
8 - 9 am	232	273	375
9 - 10 am	444	552	334
10 - 11 am	520	640	307
11 am - 12 pm	503	603	338
12 - 1 pm	571	704	351
1 - 2 pm	704	823	317
2 - 3 pm	629	777	364
3 - 4 pm	593	718	394
4 - 5 pm	457	520	418
5 - 6 pm	367	414	348
6 - 7 pm	319	373	301
7 - 8 pm	110	124	185
8 - 9 pm	43.9	40.2	90.7
9 - 10 pm	36.5	32.3	53.6
10 - 11 pm	45.1	37.8	47.0
11 pm - 12 am	42.1	37.8	43.4