Difference in melatonin: dim minus full spectrum light (z-transformed)

Difference in sleepiness: dim minus full spectrum light (z-transformed)
Difference in melatonin: dim minus short-wavelength attenuated polychromatic white light (z-transformed)

Difference in activation: dim minus short-wavelength attenuated polychromatic white light (z-transformed)
Difference in melatonin: dim minus full spectrum light (z-transformed)

Difference in activation: dim minus full spectrum light (z-transformed)
Difference in DPG: dim minus short-wavelength attenuated polychromatic white light (z-transformed)

Difference in sleepiness: dim minus short-wavelength attenuated polychromatic white light (z-transformed)
Difference in DPG: dim minus full spectrum light (z-transformed)

Difference in sleepiness: dim minus full spectrum light (z-transformed)
Difference in DPG: dim minus full spectrum light (z-transformed)

Difference in activation: dim minus full spectrum light (z-transformed)
Difference in DPG: dim minus short-wavelength attenuated polychromatic white light (z-transformed)

Difference in melatonin: dim minus short-wavelength attenuated polychromatic white light (z-transformed)
Difference in DPG: dim minus full spectrum light (z-transformed)

Difference in melatonin: dim minus full spectrum light (z-transformed)