

## DST References

We thank Catia Reis for the update of this list on May 16, 2023

### *Association of DST with various outcomes*

Barnes, C. M., & Wagner, D. T. (2009). Changing to daylight saving time cuts into sleep and increases workplace injuries. *Journal of Applied Psychology*, 94(5), 1305.

Ben Simon E, Vallat R, Rossi A, Walker MP (2022) Sleep loss leads to the withdrawal of human helping across individuals, groups, and large-scale societies. *PLoS Biol* 20(8): e3001733. <https://doi.org/10.1371/journal.pbio.3001733>

Borisenkov, M. F., Tserne, Tatyana A., Panev, Alexander S., Kuznetsova, Ekaterina S., Petrova, Natalia B., Timonin, Vladimir D., ... Kasyanova, Olga N. (2017). Seven-year survey of sleep timing in Russian children and adolescents: chronic 1-h forward transition of social clock is associated with increased social jetlag and winter pattern of mood seasonality. *Biological Rhythm Research*, 3–12. <https://doi.org/10.1080/09291016.2016.1223778>

Carey, R. N., & Sarma, K. M. (2017). Impact of daylight saving time on road traffic collision risk: a systematic review. *BMJ Open*, 7(6), e014319.

Coren, S. (1996a). Accidental Death and the Shift to Daylight Savings Time. *Perceptual and Motor Skills*, 83(3), 921–922. <https://doi.org/10.2466/pms.1996.83.3.921>

Coren, S. (1996b). Daylight Savings Time and Traffic Accidents. *New England Journal of Medicine*, 334(14), 924–925. <https://doi.org/10.1056/NEJM199604043341416>

Ferguson, S. A., Preusser, D. F., Lund, A. K., Zador, P. L., & Ulmer, R. G. (1995). Daylight saving time and motor vehicle crashes: the reduction in pedestrian and vehicle occupant fatalities. *American Journal of Public Health*, 85(1), 92–95. <https://doi.org/10.2105/AJPH.85.1.92>

Ferrazzi, E., Romualdi, C., Ocello, M., Frighetto, G., Turco, M., Vigolo, S., ... Montagnese, S. (2018). Changes in Accident & Emergency Visits and Return Visits in Relation to the Enforcement of Daylight Saving Time and Photoperiod. *Journal of Biological Rhythms*, 33(5), 555–564. <https://doi.org/10.1177/0748730418791097>

Fritz, J., VoPham, T., Wright Jr., K. P., & Vetter, C. (2020). A chronobiological evaluation of the acute effects of daylight saving time on traffic accident risk. *Current Biology*, 30(4), 729-735.

Gentry J, Evaniuck J, Suriyamongkol T & Mali I (2022) Living in the wrong time zone: Elevated risk of traffic fatalities in eccentric time localities: *Time & Society*

Giuntella O, Mazzonna F. Sunset time and the economic effects of social jetlag: evidence from US time zone borders. *J Health Econ*. 2019 Apr 13;65:210-226.

Goodman, A., Page, A. S., Cooper, A. R., & International Children's Accelerometry Database

(ICAD) Collaborators. (2014). Daylight saving time as a potential public health intervention: an observational study of evening daylight and objectively-measured physical activity among 23,000 children from 9 countries. *International Journal of Behavioral Nutrition and Physical Activity*, 11(1), 84. <https://doi.org/10.1186/1479-5868-11-84>

Hadlow, N. C., Brown, S., Wardrop, R., & Henley, D. (2014). The effects of season, daylight saving and time of sunrise on serum cortisol in a large population. *Chronobiology International*, 31(2), 243–251.

Heacock RM, Capodilupo ER, Czeisler MÉ, Weaver MD, Czeisler CA, Howard ME, Rajaratnam SMW. (2022). Sleep and Alcohol Use Patterns During Federal Holidays and Daylight Saving Time Transitions in the United States. *Front Physiol.* 11;13:884154. doi: 10.3389/fphys.2022.884154.

Herf M. Why Standard Time is Better. Retrieved April 5, 2019 from <https://medium.com/@herf/why-standard-time-is-better-e586b500923>.

Herzig KH. Circadian rhythms-Daylight saving time, health and body clocks. *Acta Physiol (Oxf)*. 2019 Jan;225(1):e13221. doi: 10.1111/apha.13221.

Hicks, R. A., Lindseth, K., & Hawkins, J. (1983). Daylight saving-time changes increase traffic accidents. *Perceptual and Motor Skills*, 56(1), 64–66.

Janszky, I., & Ljung, R. (2008). Shifts to and from daylight saving time and incidence of myocardial infarction. *New England Journal of Medicine*, 359(18), 1966–1968.

Kamstra, M. J., Kramer, L. A., & Levi, M. D. (2000). Losing sleep at the market: The daylight saving anomaly. *American Economic Review*, 90(4), 1005–1011.

Kantermann, T., Juda, M., Mellow, M., & Roenneberg, T. (2007). The human circadian clock's seasonal adjustment is disrupted by daylight saving time. *Current Biology*, 17(22), 1996–2000.

Kolla, B., Coombes, B. J., Morgenthaler, T. I., & Mansukhani, M. P. (2020). 0173 Spring Forward, Fall Back: Increased Patient Safety-Related Adverse Events Following the Spring Time Change. *Sleep*, 43 (Supplement\_1), A69.

Kolla, B. P., Coombes, B. J., Morgenthaler, T. I., Mansukhani, M. P. (2020). Increased Patient Safety-Related Incidents Following the Transition into Daylight Savings Time. *J GEN INTERN MED*, doi: 10.1007/s11606-020-06090-9

Lahti, T. A., Haukka, J., Lönnqvist, J., & Partonen, T. (2008). Daylight saving time transitions and hospital treatments due to accidents or manic episodes. *BMC Public Health*, 8(1), 74. <https://doi.org/10.1186/1471-2458-8-74>

Lahti, T., Nysten, E., Haukka, J., Sulander, P., & Partonen, T. (2010). Daylight Saving Time Transitions and Road Traffic Accidents [Research article]. <https://doi.org/10.1155/2010/657167>

Lévy L, Robine JM, Rey G, Méndez Turrubiates RF, Quijal-Zamorano M, Achebak H,

- Ballester J, Rodó X, Herrmann FR. (2022). Daylight saving time affects European mortality patterns. *Nat Commun.* 14;13(1):6906. doi: 10.1038/s41467-022-34704-9. <sup>srbroureach@a</sup>
- Liu, C., Politch, J. A., Cullerton, E., Go, K., Pang, S., & Kuohung, W. (2017). Impact of daylight savings time on spontaneous pregnancy loss in in vitro fertilization patients. *Chronobiology International*, 34(5), 571–577. <https://doi.org/10.1080/07420528.2017.1279173>
- Manfredini, R., Fabbian, F., De Giorgi, A., Zucchi, B., Cappadona, R., Signani, F., ... Mikhailidis, D. P. (2018). Daylight saving time and myocardial infarction: should we be worried? A review of the evidence. *European Review for Medical and Pharmacological Sciences*, 22, 750–5.
- Medina, D., Ebben, M., Milrad, S., Atkinson, B., Krieger, A. C. (2016). Adverse Effects of Daylight Saving Time on Adolescents' Sleep and Vigilance. *Journal of Clinical Sleep Medicine*, vol. 11, no. 08, pp. 879–884, doi: 10.5664/jcsm.4938.
- Monk, T. H., & Aplin, L. C. (1980). Spring and autumn daylight saving time changes: studies of adjustment in sleep timings, mood, and efficiency. *Ergonomics*, 23(2), 167–178.
- Monk, T. H., & Folkard, S. (1976). Adjusting to the changes to and from Daylight Saving Time. *Nature*, 261(5562), 688.
- Osborne-Christenson EJ (2022) Saving light, losing lives: How daylight saving time impacts deaths from suicide and substance abuse. *Health Economics* 31: 40–68
- Orsini F, Zarantonello L, Costa R, Rossi R, Montagnese S. (2022). Driving simulator performance worsens after the Spring transition to Daylight Saving Time. *iScience*. 24;25(7):104666. doi: 10.1016/j.isci.2022.104666.
- Reis, C., Pilz, L.K., Kramer, A., Lopes, L.V., Paiva, T., Roenneberg, T. (2023) The impact of daylight-saving time (DST) on patients with delayed sleep-wake phase disorder (DSWPD). *Journal of Pineal Research* 74: e12867
- Rishi MA, Chaudhry S. (2021). Patient Safety Related Incidents and Daylight Saving Time Transitions. *J Gen Intern Med.* Apr;36(4):1120. doi: 10.1007/s11606-021-06599-7.
- Roenneberg, T., Wirz-Justice, A., Skene, D.J., Ancoli-Israel, S., Wright K.P., Dijk DJ, Zee, P., Gorman, M.R., Winnebeck, E.C., Klerman, E.B. (2019). Why should we abolish daylight saving time? *Journal of biological rhythms* 34 (3), 227-230, <https://doi.org/10.1177/0748730419854197>
- Schneider, A.-M., & Randler, C. (2009). Daytime sleepiness during transition into daylight saving time in adolescents: Are owls higher at risk? *Sleep Medicine*, 10(9), 1047–1050.
- Sládek M, Kudrnáčová R, Röschová M, Adámková V, Hamplová D, Sumová A. (2020). Chronotype assessment via a large scale socio-demographic survey favours yearlong Standard time over Daylight Saving Time in central Europe. *Sci Rep.* 29;10(1):1419. doi: 10.1038/s41598-020-58413-9.
- Stražičar, B.G., Stražičar, L. (2021). Daylight Saving Time: Pros and Cons. *Sleep Med Clin.*

2021 Sep;16(3):523-531. doi: 10.1016/j.jsmc.2021.05.007.

Tyler J, Fang Y, Goldstein C, Forger D, Sen S, Burmeister M. (2021). Genomic heterogeneity affects the response to Daylight Saving Time. *Sci Rep.* 20;11(1):14792. doi: 10.1038/s41598-021-94459-z.

Winnebeck, E.C. (2022). Chronobiology: Is daylight saving time a deer-saving time?. *Current Biology* 32 (22), R1283-R1286. <https://doi.org/10.1016/j.cub.2022.10.034>

Zhang, H., Dahlén, T., Khan, A., Edgren, G., Rzhetsky, A. (2020). Measurable health effects associated with the daylight saving time shift. *PLoS Comput Biol.* Jun 8;16(6):e1007927. doi: 10.1371/journal.pcbi.1007927.

### *Sleep and circadian rhythms and outcomes*

Borel, A.-L., Pépin, J.-L., Nasse, L., Baguet, J.-P., Netter, S., & Benhamou, P.-Y. (2013). Short sleep duration measured by wrist actimetry is associated with deteriorated glycemic control in type 1 diabetes. *Diabetes Care*, 36(10), 2902–2908.

Díaz-Morales, J. F., & Escribano, C. (2015). Social jetlag, academic achievement and cognitive performance: Understanding gender/sex differences. *Chronobiology International*, 32(6), 822–831.

Fischer, D., Lombardi, D. A., Marucci-Wellman, H., & Roenneberg, T. (2017). Chronotypes in the US—influence of age and sex. *PLoS One*, 12(6), e0178782.

Foster, R. G., Peirson, S. N., Wulff, K., Winnebeck, E., Vetter, C., & Roenneberg, T. (2013). Sleep and circadian rhythm disruption in social jetlag and mental illness. In *Progress in molecular biology and translational science* (Vol. 119, pp. 325–346). Elsevier.

Hafner, M., Stepanek, M., Taylor, J., Troxel, W. M., & Van Stolk, C. (2017). *Why Sleep Matters: The Economic Costs of Insufficient Sleep*. RAND.

Haraszti, R. Á., Ella, K., Gyöngyösi, N., Roenneberg, T., & Káldi, K. (2014). Social jetlag negatively correlates with academic performance in undergraduates. *Chronobiology International*, 31(5), 603–612.

Hashizaki, M., Nakajima, H., Shiga, T., Tsutsumi, M., & Kume, K. (2018). A longitudinal large-scale objective sleep data analysis revealed a seasonal sleep variation in the Japanese population. *Chronobiology International*, 35(7), 933–945.

Knutsson, A. (2003). Health disorders of shift workers. *Occupational Medicine*, 53(2), 103–108.

Koopman, A. D., Rauh, S. P., van 't Riet, E., Groeneveld, L., Van Der Heijden, A. A., Elders, P. J., ... Rutters, F. (2017). The association between social jetlag, the metabolic syndrome, and type 2 diabetes mellitus in the general population: the new Hoorn study. *Journal of*

Biological Rhythms, 32(4), 359–368.

Levandovski, R., Dantas, G., Fernandes, L. C., Caumo, W., Torres, I., Roenneberg, T., ... Allebrandt, K. V. (2011). Depression scores associate with chronotype and social jetlag in a rural population. *Chronobiology International*, 28(9), 771–778.

Madeira SG, Reis C, Paiva T, Moreira CS, Nogueira P, Roenneberg T. (2021). Social Jetlag is associated with high cardiovascular risk in blue-collar workers under permanent atypical work schedules. *Journal of Sleep Research*, 00:e13380; doi: 10.1111/jsr.13380

Parsons, M. J., Moffitt, T. E., Gregory, A. M., Goldman-Mellor, S., Nolan, P. M., Poulton, R., & Caspi, A. (2015). Social jetlag, obesity and metabolic disorder: investigation in a cohort study. *International Journal of Obesity*, 39(5), 842.

Partonen, T. (2015). Chronotype and Health Outcomes. *Current Sleep Medicine Reports*, 1(4), 205–211. <https://doi.org/10.1007/s40675-015-0022-z>

Pilz, L. K., Keller, L. K., Lenssen, D., & Roenneberg, T. (2018). Time to rethink sleep quality: PSQI scores reflect sleep quality on workdays. *Sleep*, 41(5), zsy029.

Pilz, L. K., Levandovski, R., Oliveira, M. A. B., Hidalgo, M. P., & Roenneberg, T. (2018). Sleep and light exposure across different levels of urbanisation in Brazilian communities. *Scientific Reports*, 8(1), 11389. <https://doi.org/10.1038/s41598-018-29494-4>

Potter, G. D. M, Skene, D. J., Arendt, J., Cade, J. E., Grant, P. J., Hardie, L. J. (2016). Circadian Rhythm and Sleep Disruption: Causes, Metabolic Consequences, and Countermeasures. *Endocrine Reviews*, 37(6), 6. doi: 10.1210/er.2016-1083

Reis, C., Pilz, L.K., Keller L. K., Paiva, T., Roenneberg, T. (2020). Social timing influences sleep quality in patients with sleep disorders. *Sleep Medicine*, 71:8-17. doi: 10.1016/j.sleep.2020.02.019.

Reutrakul, S., Hood, M. M., Crowley, S. J., Morgan, M. K., Teodori, M., Knutson, K. L., & Van Cauter, E. (2013). Chronotype is independently associated with glycemic control in type 2 diabetes. *Diabetes Care*, 36(9), 2523–2529.

Reutrakul, S., Siwasaranond, N., Nimitphong, H., Saetung, S., Chirakalwasan, N., Ongphiphadhanakul, B., ... Crowley, S. J. (2015). Relationships among sleep timing, sleep duration and glycemic control in Type 2 diabetes in Thailand. *Chronobiology International*, 32(10), 1469–1476.

Roenneberg, T., Allebrandt, K. V., Merrow, M., & Vetter, C. (2012). Social jetlag and obesity. *Current Biology*, 22(10), 939–943.

Roenneberg, T., Foster, R. G., & Klerman, E. B. (2022). The circadian system, sleep, and the health/disease balance: a conceptual review. *Journal of Sleep Research*, 31(4), e13621. <https://doi.org/10.1111/jsr.13621>

Roenneberg, T., Kuehnle, T., Juda, M., Kantermann, T., Allebrandt, K., Gordijn, M., & Merrow, M. (2007). Epidemiology of the human circadian clock. *Sleep Medicine Reviews*, 11(6), 429–438.

- Roenneberg, T., Wirz-Justice, A., & Mellow, M. (2003). Life between clocks: daily temporal patterns of human chronotypes. *Journal of Biological Rhythms*, 18(1), 80–90.
- Rutters, F., Lemmens, S. G., Adam, T. C., Bremmer, M. A., Elders, P. J., Nijpels, G., & Dekker, J. M. (2014). Is social jetlag associated with an adverse endocrine, behavioral, and cardiovascular risk profile? *Journal of Biological Rhythms*, 29(5), 377–383.
- Saini, C., Brown, S. A., & Dibner, C. (2015). Human peripheral clocks: applications for studying circadian phenotypes in physiology and pathophysiology. *Frontiers in Neurology*, 6, 95.
- Samson, D. R., Crittenden, A. N., Mabulla, I. A., Mabulla, A. Z., & Nunn, C. L. (2017). Hadza sleep biology: Evidence for flexible sleep-wake patterns in hunter-gatherers. *American Journal of Physical Anthropology*, 162(3), 573–582.
- Schnurbein, J. von, Boettcher, C., Brandt, S., Karges, B., Dunstheimer, D., Galler, A., ... Vetter, C. (2018). Sleep and glycemic control in adolescents with type 1 diabetes. *Pediatric Diabetes*, 19(1), 143–149.
- Scott, A. J. (2000). Shift work and health. *Primary Care*, 27(4), 1057–1079.
- Vetter C. (2018). Circadian disruption: What do we actually mean? *Eur J Neurosci*. 2018 Nov 7. doi: 10.1111/ejn.14255.
- Wirz-Justice, A., & Benedetti, F. (2019). Perspectives in affective disorders: Clocks and sleep. *European Journal of Neuroscience*, 0(0). <https://doi.org/10.1111/ejn.14362>
- Wittmann, M., Dinich, J., Mellow, M., & Roenneberg, T. (2006). Social jetlag: misalignment of biological and social time. *Chronobiology International*, 23(1–2), 497–509.
- Wittmann, M., Paulus, M., & Roenneberg, T. (2010). Decreased psychological well-being in late ‘chronotypes’ is mediated by smoking and alcohol consumption. *Substance Use & Misuse*, 45(1–2), 15–30.
- Wong, P. M., Hasler, B. P., Kamarck, T. W., Muldoon, M. F., & Manuck, S. B. (2015). Social jetlag, chronotype, and cardiometabolic risk. *The Journal of Clinical Endocrinology & Metabolism*, 100(12), 4612–4620.
- Wu, H., Dunnett, S., Ho, Y.S., Chang, R.C.C. (2019). The role of sleep deprivation and circadian rhythm disruption as risk factors of Alzheimer’s disease. *Frontiers in Neuroendocrinology*, vol. 54, p. 100764, doi: 10.1016/j.yfrne.2019.100764
- Yetish, G., Kaplan, H., Gurven, M., Wood, B., Pontzer, H., Manger, P. R., ... Siegel, J. M. (2015). Natural sleep and its seasonal variations in three pre-industrial societies. *Current Biology*, 25(21), 2862–2868.

*Position in time zone and outcomes*

Borisenkov, M. F. (2011). Latitude of Residence and Position in Time Zone are Predictors of Cancer Incidence, Cancer Mortality, and Life Expectancy at Birth. *Chronobiology International*, 28(2), 155–162. <https://doi.org/10.3109/07420528.2010.541312>

Giuntella, O., Mazzonna, F. (2019). Sunset time and the economic effects of social jetlag: evidence from US time zone borders. *J Health Econ.* 65:210-226. doi: 10.1016/j.jhealeco.2019.03.007.

Gu, F., Xu, S., Devesa, S. S., Zhang, F., Klerman, E. B., Graubard, B. I., & Caporaso, N. E. (2017). Longitude position in a time zone and cancer risk in the United States. *Cancer Epidemiology and Prevention Biomarkers*, 26(8), 1306–1311.

Jagnani M. Poor Sleep: sunset Time and Human Capital Production. Retrieved April 5, 2019 from <https://www.isid.ac.in/~epu/acegd2018/papers/MaulikJagnani.pdf>.

Olders, H. (2003). Average sunrise time predicts depression prevalence. *Journal of Psychosomatic Research*, 55(2), 99–105. [https://doi.org/10.1016/S0022-3999\(02\)00479-8](https://doi.org/10.1016/S0022-3999(02)00479-8)

VoPham, T., Weaver, M. D., Vetter, C., Hart, J. E., Tamimi, R. M., Laden, F., & Bertrand, K. A. (2018). Circadian misalignment and hepatocellular carcinoma incidence in the United States. *Cancer Epidemiology and Prevention Biomarkers*, 27(7), 719–727.

White, T. M., Terman, M., Musa, G. C., & Avery, D. H. (2006). The incidence of winter depression varies within time zone. *Chronobiology International*, 23, 743–745.

### *Policy, historical perspectives*

International Alliance For Natural Time (2023). Frequently Asked Questions On Daylight Saving Time International Alliance For Natural Time <https://timeuse.barcelona/projects/permanent-time-zones-eu/>

Working Group on Natural Time (2022). Proposal on implementing permanent time zones in the EU Barcelona Time Use Initiative For A Healthy Society <https://timeuse.barcelona/projects/permanent-time-zones-eu/>

J. R. Carter, K. L. Knutson, and B. Mokhlesi, “Taking to ‘Heart’ the Proposed Legislation for Permanent Daylight Saving Time,” *American Journal of Physiology-Heart and Circulatory Physiology*, May 2022, doi: 10.1152/ajpheart.00218.2022.

Canadian Society for Chronobiology, “Official statement of the Canadian Society for Chronobiology in support of year-round Standard Time.” Canadian Society for Chronobiology, Apr. 13, 2022.

Michael Downing, *Spring Forward: The Annual Madness of Daylight Saving Time*, 2nd edition. Counterpoint, 2009

Bormans, Y. (2018, August 31). Summertime Consultation: 84% want Europe to stop changing the clock [Text]. Retrieved April 2, 2019, from Mobility and Transport - European Commission website: [https://ec.europa.eu/transport/themes/summertime/news/2018-08-31-consultation-outcome\\_en](https://ec.europa.eu/transport/themes/summertime/news/2018-08-31-consultation-outcome_en)

European Biological Rhythms Society. DST Statement EBRS Endorsed. Retrieved April 5, 2019 from <https://www.ebrs-online.org/news/item/dst-statement-ebrs-endorsed>

Gray, T. R., & Jenkins, J. A. (2018). Congress and the Political Economy of Daylight Saving Time.

Hadlow, N., Brown, S., Wardrop, R., Conradie, J., & Henley, D. (2018). Where in the world? Latitude, longitude and season contribute to the complex co-ordinates determining cortisol levels. *Clinical Endocrinology*, 89(3), 299–307.

Press Release University of Salzburg. (2018, September 24). Permanent Summer Time: would we really become "Fatter, more stupid, and grumpier? Retrieved March 9, 2019, from <http://uni-salzburg.at/index.php?id=41697>

Ripley, A. (1974, October 1). Senate Votes Return to Standard Time For Four Months and Sends Bill to Ford. *The New York Times*. Retrieved from <https://www.nytimes.com/1974/10/01/archives/senate-votes-return-to-standard-time-for-four-months-and-sends-bill.html>

Rishi, M. A., Ahmed, O., Barrantes Perez, J. H., Berneking, M., Dombrowsky, J., Flynn-Evans, E. E., ... Gurubhagavatula, I. (2020). Daylight saving time: an American Academy of Sleep Medicine position statement. *Journal of Clinical Sleep Medicine*, jcs.m.8780.

UK Time Zone History. (n.d.). Retrieved April 1, 2019, from <https://www.timeanddate.com/time/uk/time-zone-background.html>

### *Light, entrainment, and outcomes*

Ashton, A., Foster, R.G., Jagannath, A. (2022). Photic Entrainment of the Circadian System. *International Journal of Molecular Sciences*. 23(2):729. <https://doi.org/10.3390/ijms23020729>

Brown, T.M., Brainard, G.C., Cajochen, C, Czeisler, C.A., Hanifin, J.P., Lockley, S.W., Lucas, R.J., Münch, M, O'Hagan, J.B., Peirson, S.N., Price, L.L.A., Roenneberg, T, Schlangen, L.J.M., Skene, D.J., Spitschan, M., Vetter, C., Zee P.C., Wright, K.P.Jr (2022). Recommendations for daytime, evening, and nighttime indoor light exposure to best support physiology, sleep, and wakefulness in healthy adults. *PLoS biology*, 20 (3), e3001571. <https://doi.org/10.1371/journal.pbio.3001571>

Cain, S.W., McGlashan, E.M., Vidafar, P. et al. (2020). Evening home lighting adversely impacts the circadian system and sleep. *Sci Rep* 10, 19110. <https://doi.org/10.1038/s41598-020-75622-4>

Cajochen, C., Frey, S., Anders, D., Späti, J., Bues, M., Pross, A., ... Stefani, O. (2011). Evening exposure to a light emitting diodes (LED)-backlit computer screen affects circadian physiology and cognitive performance. *American Journal of Physiology-Heart and Circulatory Physiology*.

Cajochen C, Stefani O, Schöllhorn I, Lang D, Chellappa S. (2022). Influence of evening light



exposure on polysomnographically assessed night-time sleep: A systematic review with meta-analysis. *Lighting Research & Technology*;54(6):609-624. doi:10.1177/14771535221078765

Chinoy, E. D., Duffy, J. F., & Czeisler, C. A. (2018). Unrestricted evening use of light-emitting tablet computers delays self-selected bedtime and disrupts circadian timing and alertness. *Physiological Reports*, 6(10), e13692.

Cyr M, Artenie DZ, Al Bikaii A, Borsook D, Olson JA. (2022). The effect of evening light on circadian-related outcomes: A systematic review. *Sleep Med Rev*. Aug;64:101660. doi: 10.1016/j.smrv.2022.101660.

de la Iglesia, H. O., Fernández-Duque, E., Golombek, D. A., Lanza, N., Duffy, J. F., Czeisler, C. A., & Valeggia, C. R. (2015). Access to electric light is associated with shorter sleep duration in a traditionally hunter-gatherer community. *Journal of Biological Rhythms*, 30(4), 342–350.

Dominoni, D. M., Helm, B., Lehmann, M., Dowse, H. B., & Partecke, J. (2013). Clocks for the city: circadian differences between forest and city songbirds. *Proceedings of the Royal Society B: Biological Sciences*, 280(1763), 20130593.

Duffy, J.F., Wright, K.P.Jr. Entrainment of the human circadian system by light. *J Biol Rhythms*. 2005 Aug;20(4):326-38. doi: 10.1177/0748730405277983.

Foster, R. Fundamentals of circadian entrainment by light. *Lighting Research & Technology*. 2021;53(5):377-393. doi:10.1177/14771535211014792

Hartstein, L.E, Behn, C.D., Wright, K.P. Jr, Akacem, L.D., Stowe, S.R., LeBourgeois, M.K. (2023). Evening light intensity and phase delay of the circadian clock in early childhood *Journal of Biological Rhythms* 38 (1), 77-86. <https://doi.org/10.1177/07487304221134330>

He, M., Ru, T., Li, S., Li, Y., Zhou, G. (2023). Shine light on sleep: Morning bright light improves nocturnal sleep and next morning alertness among college students. *J Sleep Res*. 32(2):e13724. doi: 10.1111/jsr.13724.

Mason, I.C., Grimaldi, D., Reid, K.J., Warlick, C.D., Malkani, R.G., Abbott, S.M., Zee, P.C. (2022). Light exposure during sleep impairs cardiometabolic function. *Proceedings of the National Academy of Sciences* 119 (12), e2113290119. <https://doi.org/10.1073/pnas.2113290119>

Moreno, C.R.C., Wright, K.P. Jr., Skene, D. J., Louzada, F.M. (2020). Phenotypic plasticity of circadian entrainment under a range of light conditions. *Neurobiology of Sleep and Circadian Rhythms*, Aug 23;9:100055. doi: 10.1016/j.nbscr.2020.100055.

Kim, M., Vu, T.H., Maas, M.B., Braun, R.I., Wolf, M.S., Roenneberg, T., Daviglius, M.L., Daviglius, M.L., Reid, K.J., Zee, P.C. (2023). Light at night in older age is associated with obesity, diabetes, and hypertension *Sleep* 46 (3), zsac130 <https://doi.org/10.1093/sleep/zsac130>

Paksarian, D., Rudolph, K.E., Stapp, E.K., Dunster, G.P., He, J., Mennitt, D., Hattar, S., Casey, J.A., James, P., Merikangas, K.R. (2020). Association of Outdoor Artificial Light at Night With Mental Disorders and Sleep Patterns Among US Adolescents. *JAMA Psychiatry*.

1;77(12):1266-1275. doi: 10.1001/jamapsychiatry.2020.1935.

Roenneberg, T., Daan, S., & Merrow, M. (2003). The art of entrainment. *Journal of Biological Rhythms*, 18(3), 183–194.

Roenneberg, T., Kantermann, T., Juda, M., Vetter, C., & Allebrandt, K. V. (2013). Light and the human circadian clock. In *Circadian clocks* (pp. 311–331). Springer.

Roenneberg, T., Kumar, C. J., & Merrow, M. (2007). The human circadian clock entrains to sun time. *Current Biology*, 17(2), R44–R45. <https://doi.org/10.1016/j.cub.2006.12.011>

Stothard, E.R., McHill, A.W., Depner, C.M., Birks, B.R., Moehlman, T.M., Ritchie, H.K., Guzzetti, J.R., Chinoy, E.D., LeBourgeois, M.K., Axelsson, J., Wright, K.P. (2017). Circadian entrainment to the natural light-dark cycle across seasons and the weekend. *Current Biology* 27 (4), 508-513. <https://doi.org/10.1016/j.cub.2016.12.041>

Wright Jr, K. P., McHill, A. W., Birks, B. R., Griffin, B. R., Rusterholz, T., & Chinoy, E. D. (2013). Entrainment of the human circadian clock to the natural light-dark cycle. *Current Biology*, 23(16), 1554–1558.