

Association of Light Exposure on Physical Activity and Sedentary Time in Young People

Table S1. Association between average daily, weekday and weekend light exposure (Log Lux) and time spent sedentary and in MVPA (min/day).

	Model 1	Model 2
	B Coefficient † (95% CI)	B Coefficient † (95% CI)
MVPA		
Daily (n = 228)	5.3 (3.0, 7.6) **	3.6 (1.2, 6.0) **
Weekday (n = 226)	4.1 (1.7, 6.5) **	1.8 (−0.7, 4.4)
Weekend (n = 153)	4.8 (2.7, 6.8) **	3.7 (1.6, 5.9) **
Sedentary time		
Daily (n = 228)	−13.6 (−21.2, −6.0) **	−11.0 (−18.9, −3.0) **
Weekday (n = 226)	−15.8 (−23.7, −8.0) **	−14.8 (−22.9, −6.7) **
Weekend (n = 153)	−12.1 (−19.5, −4.8) **	−8.4 (−16.2, −0.5)*

Subjects with lux values <1 were excluded from this analysis. ** $p < 0.01$, * $p < 0.05$; † coefficient reflects minutes/day of MVPA or sedentary time per unit increase in LUX; *Model 1* adjusted for age, sex and device wear time. *Model 2* additionally adjusted for ethnic group, school, body fat and daily MVPA or daily sedentary time.