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This table provides sufficient methodological detail to facilitate replication of the lighting intervention.

Table S1: Detailed description of the lighting intervention conditions

Condition label	CCT (K)	Illuminance (lux)	Exposure duration	Timing	Sequence	Washout	Ambient light	Distance from light source	Counterbalancing
G1	3000	500	10 min	During the night shift, between 23:00 and 01:00 (11:00 PM–1:00 AM)	Pre-test → light exposure → post-test	Not applicable; between-subjects design	Ceiling fluorescent lighting; ~70 lux; 2700 K	50 cm	Not applicable; each participant was exposed to only one lighting condition
G2	3000	500	20 min						
G3	3000	1000	10 min						
G4	3000	1000	20 min						
G5	6500	500	10 min						
G6	6500	500	20 min						
G7	6500	1000	10 min						
G8	6500	1000	20 min						

Notes:

CCT = correlated color temperature. G1–G8 represent the eight predefined lighting conditions.

The study employed a between-subjects design; therefore, each participant was exposed to only one lighting condition, and a conventional washout period was not applicable.

Ambient lighting was provided by ceiling fluorescent lighting with an illuminance of approximately 70 lux and a CCT of 2700 K. The experimental light source was positioned at a distance of 50 cm from the participant.

All lighting exposures were conducted during the night shift between 23:00 and 01:00 (11:00 PM–1:00 AM). The experimental sequence consisted of a pre-test, followed by the assigned lighting exposure, and then a post-test.

Counterbalancing was not applicable because of the between-subjects design; each participant was assigned to and exposed to only one lighting condition.