

Table S2. Mean subjective ratings and standard deviations for the properties of the room lighting and smartphone screen.

Room Lighting				
	Book	No Filter	Filter	<i>p</i>-value (η_p^2)
Bright	3.71 (1.94)	4.07 (1.59)	3.64 (1.33)	.650 (.03)
Pleasant	7.14 (2.11)	6.64 (1.82)	6.86 (1.75)	.527 (.05)
Activating	3.79 (1.85)	4.00 (1.62)	3.71 (2.13)	.852 (.01)
Dazzling	1.00 (1.24)	1.64 (1.78)	1.07 (1.21)	.224 (.11)
Warm	5.64 (2.10)	6.21 (1.89)	6.07 (1.59)	.602 (.04)
Smartphone Screen				
	No Filter	Filter	<i>p</i>-value (<i>d</i>)	
Bright	7.57 (1.50)	5.21 (1.76)	.003 (0.97)	
Pleasant	3.64 (2.27)	6.14 (2.18)	.009 (-0.82)	
Activating	5.79 (2.75)	4.64 (1.45)	.108 (0.46)	
Dazzling	6.43 (3.11)	3.71 (2.49)	.003** (0.99)	
Warm	3.00 (1.24)	6.29 (2.23)	<.001 (-1.47)	

Note. Participants ($N = 14$) rated how each adjective described the two light sources on a scale from 0 (not at all) to 10 (very).