

Reporting Light Exposure

Step 1. Upload your spectral power distribution data.

Choose file...

Browse

Step 2. Tell us more about your data.

My data contains

absolute

 spectra with wavelength in nm. My measurements are labelled

No Filter

 and

Filter

. Each measurement column contains

radiances

 in

w

 per

m²

 per sr.

Step 3. Check we have understood your input correctly.

Check that we have loaded the correct number of observations. Also check the units of measurement. It may help to compare your spectra to a standard reference spectra. For example, if your measurements were made in daylight, check that they have a similar shape to [CIE Standard Illuminant D65](#). Your data might be easier to read if you change the y-axis scale.

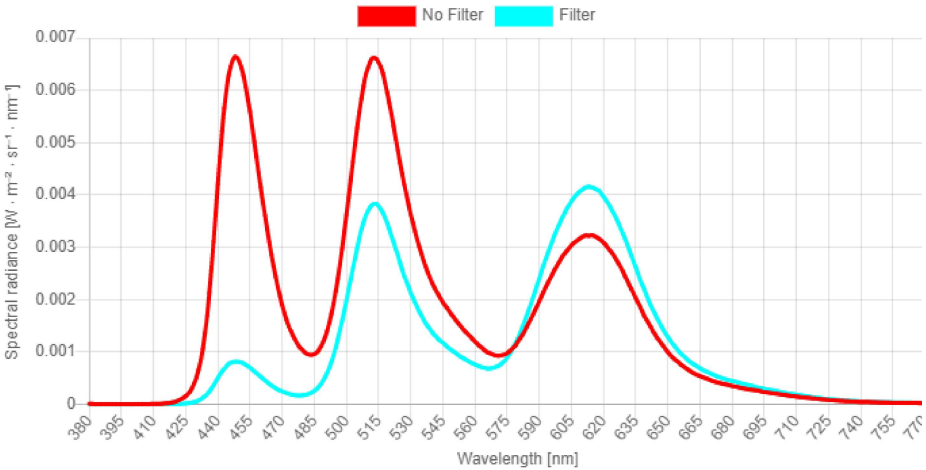
Y-axis scale

- ☒ Raw data
- ☐ Normalised data
- ☐ Log10

Reference spectrum

Reference spectra

Select a reference spectrum



Step 4. Download the stimulus specification tables and include them in your report.

☐ Use exponential notation?

☐ Show advanced calculations?

Download CSV

Condition	No Filter	Filter
Luminance [cd/m ²]	183.9575	142.3532
Colour rendering index (CIE Ra)	82.5000	73.3750
S-cone-opic radiance (mW · m ⁻² · sr)	168.1941	24.9606
M-cone-opic radiance (mW · m ⁻² · sr)	284.3734	175.3251
L-cone-opic radiance (mW · m ⁻² · sr)	298.4939	236.8602
Rhodopic radiance (mW · m ⁻² · sr)	317.1473	144.3093
Melanopic radiance (mW · m ⁻² · sr)	286.7672	114.2011

Step 5. Include the full spectral power distribution in your supplementary material.

Where a journal does not offer the capability of making Supplementary Material available, files can be made available on [Figshare](#), the [Open Science Framework](#) or [GitHub](#). Some institutions also offer repositories for research data.

☒ Use exponential notation?

Download CSV

Wavelength [nm]	Spectral radiance [W · m ⁻² · sr ⁻¹ · nm ⁻¹]	
380	1.25e-05	2.30e-06
381	1.03e-05	0.00e+00
382	6.67e-06	0.00e+00
383	3.05e-06	0.00e+00
384	1.70e-06	4.87e-08
385	4.68e-06	2.14e-07
386	4.98e-06	1.71e-07
387	3.70e-06	6.86e-09
388	4.69e-06	0.00e+00
389	5.26e-06	0.00e+00
390	5.02e-06	0.00e+00
391	4.70e-06	0.00e+00
392	4.32e-06	0.00e+00
393	2.67e-06	0.00e+00
394	1.93e-06	2.82e-08
395	3.40e-06	1.21e-07
396	3.90e-06	9.20e-08
397	3.88e-06	3.49e-09
398	2.97e-06	7.35e-08
399	2.45e-06	2.70e-07
400	2.68e-06	7.52e-07
401	3.59e-06	7.43e-07
402	4.87e-06	4.62e-07
403	5.41e-06	1.55e-06
404	5.77e-06	2.39e-06
405	5.80e-06	2.64e-06
406	5.31e-06	2.09e-06
407	4.57e-06	1.13e-06
408	5.99e-06	1.78e-06
409	7.24e-06	1.99e-06
410	8.12e-06	1.26e-06
411	8.63e-06	1.02e-06
412	8.98e-06	1.01e-06
413	1.07e-05	7.63e-07
414	1.34e-05	1.19e-06
415	1.80e-05	2.81e-06
416	2.12e-05	3.68e-06
417	2.40e-05	4.24e-06
418	3.18e-05	4.65e-06
419	4.03e-05	5.34e-06
420	4.96e-05	6.45e-06
421	6.52e-05	7.06e-06
422	8.34e-05	7.75e-06
423	1.04e-04	1.11e-05
424	1.28e-04	1.45e-05
425	1.59e-04	1.77e-05
426	1.98e-04	2.21e-05

Wavelength [nm]	Spectral radiance [W · m ⁻² · sr ⁻¹ · nm ⁻¹]	
427	2.44e-04	2.74e-05
428	3.16e-04	3.61e-05
429	4.05e-04	4.58e-05
430	5.12e-04	5.66e-05
431	6.61e-04	7.56e-05
432	8.32e-04	9.76e-05
433	1.07e-03	1.26e-04
434	1.36e-03	1.58e-04
435	1.69e-03	1.95e-04
436	2.13e-03	2.45e-04
437	2.59e-03	3.01e-04
438	3.11e-03	3.64e-04
439	3.65e-03	4.32e-04
440	4.20e-03	5.03e-04
441	4.73e-03	5.72e-04
442	5.23e-03	6.34e-04
443	5.66e-03	6.81e-04
444	6.00e-03	7.27e-04
445	6.28e-03	7.73e-04
446	6.45e-03	7.94e-04
447	6.58e-03	8.09e-04
448	6.64e-03	8.16e-04
449	6.62e-03	8.15e-04
450	6.55e-03	8.11e-04
451	6.43e-03	8.01e-04
452	6.28e-03	7.84e-04
453	6.06e-03	7.56e-04
454	5.83e-03	7.29e-04
455	5.60e-03	7.03e-04
456	5.31e-03	6.67e-04
457	5.02e-03	6.33e-04
458	4.73e-03	5.98e-04
459	4.43e-03	5.64e-04
460	4.15e-03	5.30e-04
461	3.87e-03	4.93e-04
462	3.61e-03	4.59e-04
463	3.35e-03	4.27e-04
464	3.10e-03	3.93e-04
465	2.86e-03	3.61e-04
466	2.64e-03	3.36e-04
467	2.44e-03	3.10e-04
468	2.24e-03	2.84e-04
469	2.07e-03	2.66e-04
470	1.90e-03	2.49e-04
471	1.75e-03	2.34e-04
472	1.62e-03	2.19e-04
473	1.50e-03	2.04e-04

Wavelength [nm]	Spectral radiance [W · m ⁻² · sr ⁻¹ · nm ⁻¹]	
474	1.41e-03	1.94e-04
475	1.32e-03	1.85e-04
476	1.24e-03	1.77e-04
477	1.17e-03	1.73e-04
478	1.10e-03	1.72e-04
479	1.06e-03	1.73e-04
480	1.02e-03	1.77e-04
481	9.80e-04	1.84e-04
482	9.60e-04	1.96e-04
483	9.48e-04	2.10e-04
484	9.49e-04	2.32e-04
485	9.61e-04	2.59e-04
486	9.84e-04	2.91e-04
487	1.03e-03	3.33e-04
488	1.10e-03	3.81e-04
489	1.18e-03	4.45e-04
490	1.28e-03	5.18e-04
491	1.40e-03	5.99e-04
492	1.56e-03	7.00e-04
493	1.73e-03	8.10e-04
494	1.93e-03	9.38e-04
495	2.16e-03	1.08e-03
496	2.40e-03	1.24e-03
497	2.68e-03	1.42e-03
498	2.98e-03	1.60e-03
499	3.29e-03	1.78e-03
500	3.62e-03	1.98e-03
501	3.95e-03	2.19e-03
502	4.29e-03	2.39e-03
503	4.63e-03	2.59e-03
504	4.97e-03	2.79e-03
505	5.28e-03	2.98e-03
506	5.58e-03	3.17e-03
507	5.84e-03	3.34e-03
508	6.08e-03	3.48e-03
509	6.29e-03	3.60e-03
510	6.42e-03	3.69e-03
511	6.53e-03	3.76e-03
512	6.61e-03	3.81e-03
513	6.62e-03	3.83e-03
514	6.60e-03	3.83e-03
515	6.53e-03	3.79e-03
516	6.45e-03	3.73e-03
517	6.33e-03	3.66e-03
518	6.15e-03	3.57e-03
519	5.96e-03	3.47e-03
520	5.76e-03	3.35e-03

Wavelength [nm]	Spectral radiance [$\text{W} \cdot \text{m}^{-2} \cdot \text{sr}^{-1} \cdot \text{nm}^{-1}$]	
521	5.55e-03	3.22e-03
522	5.31e-03	3.10e-03
523	5.08e-03	2.97e-03
524	4.85e-03	2.85e-03
525	4.62e-03	2.71e-03
526	4.41e-03	2.58e-03
527	4.20e-03	2.45e-03
528	4.01e-03	2.35e-03
529	3.82e-03	2.25e-03
530	3.63e-03	2.13e-03
531	3.47e-03	2.04e-03
532	3.31e-03	1.95e-03
533	3.15e-03	1.86e-03
534	3.01e-03	1.77e-03
535	2.88e-03	1.70e-03
536	2.75e-03	1.62e-03
537	2.63e-03	1.55e-03
538	2.52e-03	1.49e-03
539	2.42e-03	1.44e-03
540	2.32e-03	1.38e-03
541	2.24e-03	1.33e-03
542	2.16e-03	1.29e-03
543	2.09e-03	1.24e-03
544	2.02e-03	1.21e-03
545	1.95e-03	1.18e-03
546	1.89e-03	1.14e-03
547	1.84e-03	1.10e-03
548	1.78e-03	1.07e-03
549	1.72e-03	1.04e-03
550	1.67e-03	1.01e-03
551	1.61e-03	9.82e-04
552	1.56e-03	9.50e-04
553	1.51e-03	9.17e-04
554	1.46e-03	8.95e-04
555	1.41e-03	8.72e-04
556	1.37e-03	8.49e-04
557	1.33e-03	8.24e-04
558	1.29e-03	7.99e-04
559	1.24e-03	7.83e-04
560	1.20e-03	7.64e-04
561	1.16e-03	7.43e-04
562	1.12e-03	7.27e-04
563	1.09e-03	7.12e-04
564	1.05e-03	7.03e-04
565	1.02e-03	6.94e-04
566	9.90e-04	6.85e-04
567	9.77e-04	6.88e-04

Wavelength [nm]	Spectral radiance [W · m ⁻² · sr ⁻¹ · nm ⁻¹]	
568	9.61e-04	6.94e-04
569	9.42e-04	7.05e-04
570	9.33e-04	7.20e-04
571	9.29e-04	7.37e-04
572	9.35e-04	7.67e-04
573	9.45e-04	8.01e-04
574	9.57e-04	8.40e-04
575	9.79e-04	8.94e-04
576	1.01e-03	9.53e-04
577	1.05e-03	1.02e-03
578	1.09e-03	1.10e-03
579	1.13e-03	1.18e-03
580	1.20e-03	1.26e-03
581	1.26e-03	1.36e-03
582	1.32e-03	1.46e-03
583	1.39e-03	1.57e-03
584	1.47e-03	1.68e-03
585	1.55e-03	1.79e-03
586	1.63e-03	1.91e-03
587	1.71e-03	2.03e-03
588	1.80e-03	2.15e-03
589	1.88e-03	2.28e-03
590	1.97e-03	2.40e-03
591	2.06e-03	2.53e-03
592	2.15e-03	2.66e-03
593	2.24e-03	2.78e-03
594	2.32e-03	2.89e-03
595	2.40e-03	3.00e-03
596	2.48e-03	3.11e-03
597	2.56e-03	3.22e-03
598	2.63e-03	3.32e-03
599	2.70e-03	3.41e-03
600	2.77e-03	3.50e-03
601	2.84e-03	3.59e-03
602	2.89e-03	3.67e-03
603	2.94e-03	3.75e-03
604	2.99e-03	3.81e-03
605	3.04e-03	3.88e-03
606	3.08e-03	3.94e-03
607	3.11e-03	3.99e-03
608	3.14e-03	4.03e-03
609	3.17e-03	4.07e-03
610	3.20e-03	4.10e-03
611	3.22e-03	4.13e-03
612	3.23e-03	4.15e-03
613	3.22e-03	4.16e-03
614	3.23e-03	4.15e-03

Wavelength [nm]	Spectral radiance [W · m ⁻² · sr ⁻¹ · nm ⁻¹]	
615	3.23e-03	4.14e-03
616	3.21e-03	4.12e-03
617	3.19e-03	4.10e-03
618	3.16e-03	4.08e-03
619	3.13e-03	4.02e-03
620	3.09e-03	3.97e-03
621	3.05e-03	3.91e-03
622	2.99e-03	3.85e-03
623	2.94e-03	3.78e-03
624	2.89e-03	3.70e-03
625	2.83e-03	3.63e-03
626	2.76e-03	3.55e-03
627	2.69e-03	3.46e-03
628	2.62e-03	3.36e-03
629	2.54e-03	3.26e-03
630	2.45e-03	3.17e-03
631	2.37e-03	3.06e-03
632	2.28e-03	2.95e-03
633	2.20e-03	2.84e-03
634	2.12e-03	2.73e-03
635	2.03e-03	2.62e-03
636	1.95e-03	2.51e-03
637	1.87e-03	2.39e-03
638	1.78e-03	2.29e-03
639	1.69e-03	2.20e-03
640	1.62e-03	2.09e-03
641	1.55e-03	1.99e-03
642	1.48e-03	1.89e-03
643	1.40e-03	1.81e-03
644	1.34e-03	1.73e-03
645	1.27e-03	1.64e-03
646	1.22e-03	1.57e-03
647	1.16e-03	1.49e-03
648	1.11e-03	1.42e-03
649	1.05e-03	1.35e-03
650	1.00e-03	1.29e-03
651	9.51e-04	1.23e-03
652	9.06e-04	1.17e-03
653	8.67e-04	1.12e-03
654	8.35e-04	1.07e-03
655	8.04e-04	1.02e-03
656	7.64e-04	9.73e-04
657	7.32e-04	9.35e-04
658	7.05e-04	9.02e-04
659	6.76e-04	8.61e-04
660	6.48e-04	8.24e-04
661	6.21e-04	7.95e-04

Wavelength [nm]	Spectral radiance [W · m ⁻² · sr ⁻¹ · nm ⁻¹]	
662	5.96e-04	7.68e-04
663	5.73e-04	7.42e-04
664	5.58e-04	7.17e-04
665	5.42e-04	6.92e-04
666	5.24e-04	6.64e-04
667	5.09e-04	6.45e-04
668	4.94e-04	6.27e-04
669	4.79e-04	6.09e-04
670	4.61e-04	5.89e-04
671	4.44e-04	5.70e-04
672	4.32e-04	5.53e-04
673	4.21e-04	5.36e-04
674	4.11e-04	5.21e-04
675	4.00e-04	5.05e-04
676	3.90e-04	4.91e-04
677	3.83e-04	4.80e-04
678	3.74e-04	4.68e-04
679	3.64e-04	4.56e-04
680	3.51e-04	4.47e-04
681	3.43e-04	4.38e-04
682	3.38e-04	4.29e-04
683	3.27e-04	4.17e-04
684	3.17e-04	4.05e-04
685	3.09e-04	3.90e-04
686	3.01e-04	3.82e-04
687	2.92e-04	3.75e-04
688	2.86e-04	3.66e-04
689	2.80e-04	3.56e-04
690	2.74e-04	3.46e-04
691	2.70e-04	3.32e-04
692	2.64e-04	3.21e-04
693	2.53e-04	3.16e-04
694	2.44e-04	3.07e-04
695	2.36e-04	2.97e-04
696	2.31e-04	2.89e-04
697	2.25e-04	2.82e-04
698	2.18e-04	2.75e-04
699	2.13e-04	2.69e-04
700	2.08e-04	2.62e-04
701	2.02e-04	2.54e-04
702	1.96e-04	2.43e-04
703	1.90e-04	2.33e-04
704	1.85e-04	2.28e-04
705	1.79e-04	2.20e-04
706	1.71e-04	2.11e-04
707	1.65e-04	2.06e-04
708	1.59e-04	2.01e-04

Wavelength [nm]	Spectral radiance [W · m ⁻² · sr ⁻¹ · nm ⁻¹]	
709	1.56e-04	1.95e-04
710	1.49e-04	1.88e-04
711	1.43e-04	1.81e-04
712	1.38e-04	1.76e-04
713	1.34e-04	1.69e-04
714	1.30e-04	1.60e-04
715	1.26e-04	1.54e-04
716	1.22e-04	1.48e-04
717	1.17e-04	1.40e-04
718	1.13e-04	1.35e-04
719	1.10e-04	1.31e-04
720	1.05e-04	1.28e-04
721	1.00e-04	1.22e-04
722	9.54e-05	1.14e-04
723	9.28e-05	1.09e-04
724	8.95e-05	1.05e-04
725	8.52e-05	1.03e-04
726	8.25e-05	1.01e-04
727	7.99e-05	9.78e-05
728	7.68e-05	9.19e-05
729	7.35e-05	8.83e-05
730	7.02e-05	8.60e-05
731	6.80e-05	8.23e-05
732	6.55e-05	7.92e-05
733	6.28e-05	7.69e-05
734	6.05e-05	7.26e-05
735	5.83e-05	6.89e-05
736	5.62e-05	6.78e-05
737	5.46e-05	6.61e-05
738	5.31e-05	6.40e-05
739	4.87e-05	5.96e-05
740	4.64e-05	5.63e-05
741	4.62e-05	5.39e-05
742	4.71e-05	5.41e-05
743	4.73e-05	5.37e-05
744	4.59e-05	5.17e-05
745	4.31e-05	5.01e-05
746	4.04e-05	4.84e-05
747	4.00e-05	4.53e-05
748	3.90e-05	4.49e-05
749	3.74e-05	4.65e-05
750	3.74e-05	4.27e-05
751	3.63e-05	3.99e-05
752	3.34e-05	3.87e-05
753	3.27e-05	3.92e-05
754	3.23e-05	3.95e-05
755	3.15e-05	3.84e-05

Wavelength [nm]	Spectral radiance [$\text{W} \cdot \text{m}^{-2} \cdot \text{sr}^{-1} \cdot \text{nm}^{-1}$]	
756	3.07e-05	3.64e-05
757	3.01e-05	3.42e-05
758	3.04e-05	3.43e-05
759	2.97e-05	3.40e-05
760	2.82e-05	3.33e-05
761	2.77e-05	3.28e-05
762	2.76e-05	3.27e-05
763	2.79e-05	3.31e-05
764	2.74e-05	3.20e-05
765	2.69e-05	3.10e-05
766	2.68e-05	3.11e-05
767	2.58e-05	3.00e-05
768	2.43e-05	2.83e-05
769	2.29e-05	2.62e-05
770	2.30e-05	2.57e-05
771	2.44e-05	2.61e-05
772	2.46e-05	2.53e-05
773	2.38e-05	2.52e-05
774	2.18e-05	2.60e-05
775	2.18e-05	2.56e-05
776	2.20e-05	2.49e-05
777	2.20e-05	2.41e-05
778	2.13e-05	2.29e-05
779	2.02e-05	2.22e-05
780	1.84e-05	2.46e-05

Step 6. Share an online version of this report.

<https://luox.app/u/spd1,380,1,wr,-28,CkCVB4BRA8BkBnBZBkBqBoBkBgBMBABVBbBbBQBJBMBYBmBsBvBwBrBjBxB9CECICLCYCqDFDv>

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