**S1 Table.** **Sample experimental procedure, taken from trial on May 5, 2016.**

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| **May 5th** |
| **λ (nm)** | **463** | **628** | **488** | **533** |
| **intensity****(μW/cm2)** | **0** | **3.7** | **0** | **37** | **0** | **27** | **0** | **2.7** | **0** | **35** | **0** | **3.5** | **0** | **32** | **0** | **3.2** |
| **time****(MM:SS)** | *00:01 - 04:00* | *04:01 - 08:00* | *08:01 - 12:00* | *12:01 - 16:00* |
| **λ (nm)** | **663** | **444** | **597** | **515** |
| **intensity****(μW/cm2)** | **0** | **26** | **0** | **2.6** | **0** | **39** | **0** | **3.8** | **0** | **2.9** | **0** | **29** | **0** | **33** | **0** | **3.3** |
| **time****(MM:SS)** | *16:01 - 20:00* | *20:01 - 24:00* | *24:01 - 28:00* | *28:01 - 32:00* |

Trial began 30 min post-sunset at 18:56. The order of LED wavelengths has been randomized, as has the order of exposure intensity (dim or bright first) within wavelengths. Relative quantum flux (µmol m-2 s-1) is approximately equal across wavelengths. Variation in energy measurements (μW/cm2) reflects the varying energy of photons of different wavelength.