

Supporting Information

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Table S1. Screen size, irradiance, and peak spectral wavelength of print books and electronic reading devices

Device	Size, in	Irradiance, W/m ²	Spectral peak, nm
Book*	NA	3.23×10^{-3}	612
iPad	9.7	1.03×10^{-1}	452
iPad2	9.7	8.91×10^{-2}	452
iPhone	3.5	2.50×10^{-2}	452
iPod Touch	3.5	2.05×10^{-2}	456
Kindle*	6	3.84×10^{-3}	612
Kindle Fire	7	4.31×10^{-2}	448
Nook Color	7	2.72×10^{-2}	448

A diagonal measurement was used for the screen size dimension. Light readings were taken while devices were at their maximum brightness setting, and all measurements were recorded from the same distance (38–40 cm) from the screen and in the same background conditions. NA, not applicable. *Neither the book nor the Kindle eReader emitted light; the irradiance measured was the ambient room light emitted by the ceiling fixtures and reflected by the printed book or the Kindle screen. The iPad, iPad2, iPhone, and iPod Touch are registered trademarks of Apple Inc. The Kindle and Kindle Fire are registered trademarks of Amazon.com, Inc. The Nook Color is a trademark of Barnes & Noble, Inc. Patent Pending.