Dark | Low | Intermediate | High blue light

Avoidance

slope of change in T

% T at dark
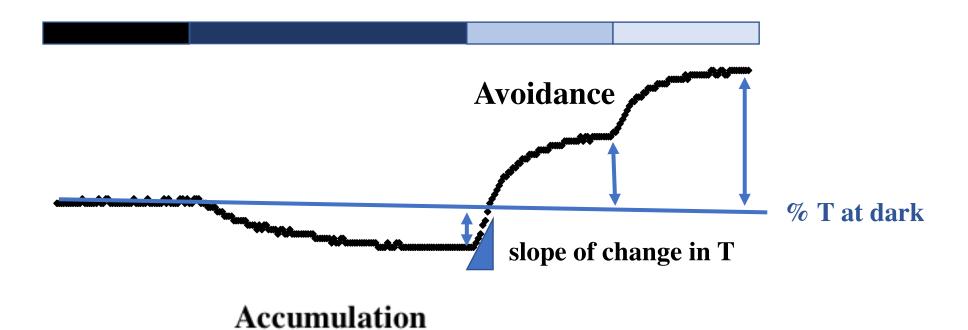
Accumulation

Δ Transmission (avoidance) = (T avoidance - T dark) / T dark

dT/dt (avoidance) = slope of change in T