

Supplemental Table 1. Logistic regression analysis for the associations of each variable with odds ratios (ORs) for Young Mania Rating Scale score (≥ 6 vs. < 6 points)

Variables	Crude			<i>P</i>	Adjusted			<i>P</i>
	OR	95%CI			OR	95%CI		
Average LAN (≥ 3 vs. < 3 lux)	2.316	1.110	4.831	0.025	2.517	1.158	5.468	0.020
Type of BD (I vs. II)	1.47	0.70	3.08	0.29	1.76	0.79	3.91	0.16
MADRS score (≥ 8 or < 8 points)	1.09	0.53	2.27	0.79	1.21	0.54	2.74	0.63
Sleep duration (per min)	0.995	0.990	0.999	0.018	0.995	0.990	0.999	0.028
Daytime physical activity (per counts/min)	1.007	1.002	1.012	0.009	1.008	1.002	1.013	0.010

OR, odds ratio; CI, confidence interval; LAN, light at night. Adjusted for all covariates shown.