

Erratum to: The effect of nocturnal blue light exposure from light-emitting diodes on wakefulness and energy metabolism the following morning

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In the original publication of the article, Tables 1, 2 and 3 were inadvertently missed. The tables should appear as given below:

Table 1 Characteristics of the subjects

Age, year	22.7 ± 1.5
Height, cm	175.1 ± 5.0
Body weight, kg	70.8 ± 9.5
Body mass index, kg/m ²	23.0 ± 2.7
Body fat percentage, %	21.1 ± 14.4
Habitual sleep duration, h	7.5 ± 0.7
Pittsburgh sleep quality index	3.8 ± 1.2

Values are mean ± SD; *n* = 9

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Table 2 Visually scored sleep stages

	Blue light exposure	No light	<i>p</i> value
Sleep			
TIB, min	480.0	480.0	
TST, min	448.1 ± 3.3	452.9 ± 3.6	NS
SE, %	93.4 ± 0.7	94.5 ± 0.8	NS
Stage 1, min	49.4 ± 6.0	41.6 ± 4.8	NS
Stage 2, min	248.9 ± 12.1	250.7 ± 14.7	NS
SWS, min	54.2 ± 8.0	59.6 ± 7.8	NS
REM, min	96.9 ± 13.4	103.2 ± 12.8	NS
NREM, min	351.2 ± 13.8	349.7 ± 12.9	NS
WASO, min	21.1 ± 2.4	18.2 ± 3.2	NS
SL, min	8.6 ± 2.8	5.9 ± 1.4	NS
RL, min	96.1 ± 12.1	108.2 ± 19.2	NS
In the following morning			
Stage 1 and 2, min	26.0 ± 9.8	6.3 ± 2.7	<0.05

Values are mean ± SE; *n* = 9

TIB total time in bed, *TST* total sleep time, *SE* sleep efficiency, *SWS* slow wave sleep, *REM* rapid eye movement sleep, *NREM* non-rapid eye movement sleep, *WASO* wake after sleep onset, *SL* sleep latency, *RL* REM sleep latency

NS, *p* > 0.05 (Wilcoxon signed rank test)

Table 3 Heart rate and body temperature

	Blue light exposure	No light	<i>p</i>
Heart rate, bpm			
Dark adaptation	62.6 ± 2.3	64.2 ± 3.2	NS
Light exposure	58.0 ± 2.0	58.9 ± 2.7	NS
Sleep	50.1 ± 1.8	49.7 ± 2.1	NS
After waking	66.9 ± 2.9	67.8 ± 3.0	NS
Body temperature, °C			
Dark adaptation	36.1 ± 0.1	36.2 ± 0.1	NS
Light exposure	35.9 ± 0.1	36.0 ± 0.1	NS
Sleep	35.8 ± 0.1	35.8 ± 0.1	NS
After waking	36.0 ± 0.1	36.1 ± 0.1	NS

Values are mean ± SE; *n* = 9

NS, *p* > 0.05 (Wilcoxon signed rank test)