

**Supplementary Figure 1.** The circadian rhythm in voluntary wheel-running activity in squirrels. Shown here is a representative double-plotted actogram before and after a 3-h sham exposure (0 lux) at night on the 8th day, and chisquare periodogram analysis for the entire duration indicating periodicity (h) and amplitude of rhythm (arbitrary units). The sham exposure did not change the parameters studied.