

**Supplementary Table 1.** Verbatim reasons why nursing professionals think that the current lights-off time is too early, appropriate, or too late

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A. What is the reason for considering the current lights-off time too early?

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Night Shift and Medication Administration:

- Numerous medications are scheduled after 10:00 PM
- The night shift allows for patient assessment and vital sign checks before the designated lights-off time
- Dimmed lights during night nursing rounds cause inconvenience during assessments

Sleep Management:

- Going to bed early may not be effective, especially for those struggling with insomnia
- Early bedtimes may prolong the time it takes to fall asleep

Scheduling and Rounds:

- Regular work hours feel rushed, especially toward the end
  - Nursing tasks continue until 11:00 PM
  - Dimming lights after a round is essential for patient comfort and accurate assessments of nursing care activities
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B. What is the reason for considering the current lights-off time appropriate?

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Reasons for Turning Off Lights at 10:00 PM:

- Patients can become accustomed to 10:00 PM as a routine
- Patients typically start sleeping around 10:00 PM
- There is an increased focus on sounds during rounds after dimming the lights
- Dimming lights at 10:00 PM ensures sleep, especially for cases where blood tests occur between 5:00 and 6:00 AM

Considerations for Sleep and Patient Monitoring:

- Nursing activities generally conclude around 9:30 PM
- Patients usually complete their final voiding and start sleeping around 9:30 PM
- Lights are dimmed after acting and I/O measurements for accurate patient status assessment
- Concerns arise about the risk of falls if lights are turned off too early
- Elderly patients tend to retire to bed a bit earlier

Collective Agreement on Dormitory Sleep Time:

- Most individuals have turned off their personal lights by 9:00 PM
  - Patients generally retire early, and treatments are usually completed by this time
  - In multi-bed rooms, a consensus on a reasonable bedtime that accommodates everyone's opinions and age groups is crucial
  - Considering the next day's schedule, it is necessary to ensure that there is time for general procedures, medication administration (starting at 6:00 AM for morning medication), and for patients to settle down
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C. What is the reason for regarding the current lights-off time as too late?

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Medication Administration Schedule:

- Medications are administered, with the last dose typically given around 9:00 PM
- There is an emphasis on the importance of the last oral administration at 9:00 PM

Patient Behavior in the Evening:

- Many patients are already lying down after 9:00 PM
- Around 9:00 PM, patients are often seen sleeping in preparation for the next day

Early Morning Tests:

- Patients are required to wake up early (around 5:00 AM to 6:00 AM) for tests, such as blood tests and X-rays
  - The purpose is to accommodate the patient's schedule for the next day
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