**A**

Comparison of phase shifts after 4-day ramp up, step up, and zigzag up. Prior 4-day L/D profiles are shown for phase and offset shifts.

**B**

Selective shift of circadian activity phase following serial temperature steps. Initial light phases 12:00-0:00 and 0:00-12:00 are compared.

**C**

Phase shifts after 4-day ramp down, step down, and zigzag down are illustrated. Prior 4-day L/D profiles are depicted for peak and offset shifts.

**D**

Additional selective shift of circadian activity phase following serial temperature steps. Initial light phases 6:00-18:00 and 18:00-6:00 are compared.