**Supplemental Figure 2.** The luminance changes in the CRT (upper) and LCD (lower) monitors used in this study. We defined the maximal luminance point as the point indicated by arrow and the time for the 90% of the maximal luminance change on the ascending and descending slopes as the rise time and the fall time respectively. Then the rise time was \((2 - 1) = 6.2\) msec and the falling time was \((4 - 3) = 9.6\) msec. Please note that during two consecutive on-frames, the luminance of the second frame became higher than that of the first frame (dotted arrow). And when the two consecutive frames are on and off (arrowhead), the luminance of the second frame abruptly decreases and not overlapped by the on-luminance of the first frame.

The response time of 25 msec (from catalog of the LCDS1721 as the time it takes for the backlight to blink on and off one time) is thought to be the period indicated by the red line.