

| Figure                                 | Microscope, Wavelength                | Activation Protocol                                   | Total Activation Time                 |
|--|---------------------------------------|---|---------------------------------------|
| <i>Figure 1–Figure Supplement 1a</i>   | Spinning Disc, 488nm                  | Global every 15 sec                                   | 30 sec                                |
| <i>Figure 1–Figure Supplement 1b</i>   | Spinning Disc, 488nm                  | Global every 5 sec                                    | 15 sec                                |
| <i>Figure 1–Figure Supplement 1c</i>   | LSM880, 488nm                         | Every 20 sec  | 2:01 min (left)<br>1:40 (right)       |
| <i>Figure 1–Figure Supplement 1d</i>   | LSM880, 488nm                         | Every 20 sec  | 1 min                                 |
| <i>Figure 1–Figure Supplement 2</i>    | LSM880, 405nm                         | Every 20 sec<br>(See indicated percent transmittance) | 2 min 20 sec                          |
| <i>Figure 1–Figure Supplement 3a-b</i> | Spinning Disc, 488nm                  | Global every 5 sec                                    | 5 sec                                 |
| <i>Figure 1–Figure Supplement 3c</i>   | Spinning Disc, 488nm                  | Global every 5 sec                                    | 20 sec                                |
| <i>Figure 3–Figure Supplement 1</i>    | LSM880, 488nm                         | Every 20 sec  | 4 min 40s                             |
| <i>Figure 3–Figure Supplement 2</i>    | LSM880, 488nm                         | Every 20 sec  | 6 min 35 sec (left)                   |
| <i>Figure 3–Figure Supplement 3</i>    | LSM880, 488nm                         | Every 20 sec  | 1 min 40 sec                          |
| <i>Figure 4–Figure Supplement 1</i>    | See <i>Figure 4</i> & <i>Figure 5</i> | See <i>Figure 4</i> & <i>Figure 5</i>                 | See <i>Figure 4</i> & <i>Figure 5</i> |
| <i>Figure 4–Figure Supplement 2</i>    | See <i>Figure 4</i> & <i>Figure 5</i> | See <i>Figure 4</i> & <i>Figure 5</i>                 | See <i>Figure 4</i> & <i>Figure 5</i> |
| <i>Figure 4–Figure Supplement 3</i>    | LSM880, 488nm                         | Every 20 sec  | 1 min 40 sec                          |
| <i>Figure 5–Figure Supplement 1</i>    | See <i>Figure 5</i>                   | See <i>Figure 5</i>                                   | See <i>Figure 5</i>                   |