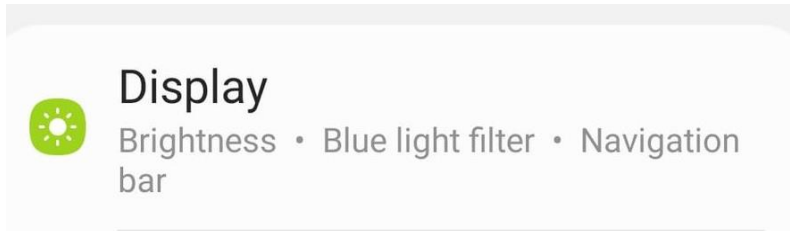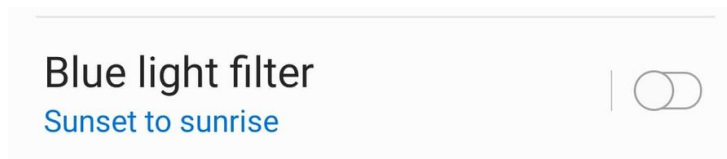**How to Turn on Night Mode on Android and on iPhone:**

Android: (Note these instructions are for Android version 11)
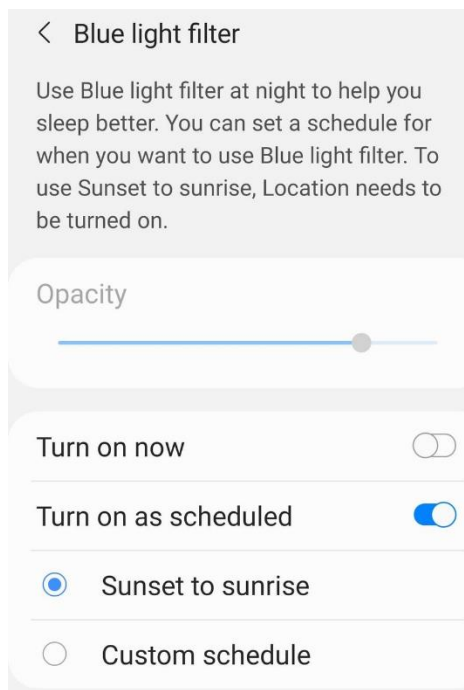
1. Open the Settings application either through the app on the phone or using the pull-down menu from the top.

2. Find the "Display" option and press on that.

3. Find the option that says, "Blue light filter" and press on that.

4. In the Blue Light Filter Tab, you will see two toggle switches that say, "Turn on now" and "Turn on as scheduled"

5. Toggle the Turn on Now switch to have the blue light filter on.

   a. Use the "Opacity" slider to reduce or strengthen the effect of the orange light filter.

      i. Sliding to the left will decrease the orange light and bring more blue light to your screen.

      ii. Sliding to the Right will increase the orange light filter strength.

iPhone: (Note these instructions are for iPhone version 14.4).

1. Open the settings app on your iPhone.

2. Go to the Display & Brightness option and find the tab labeled "Night Shift"
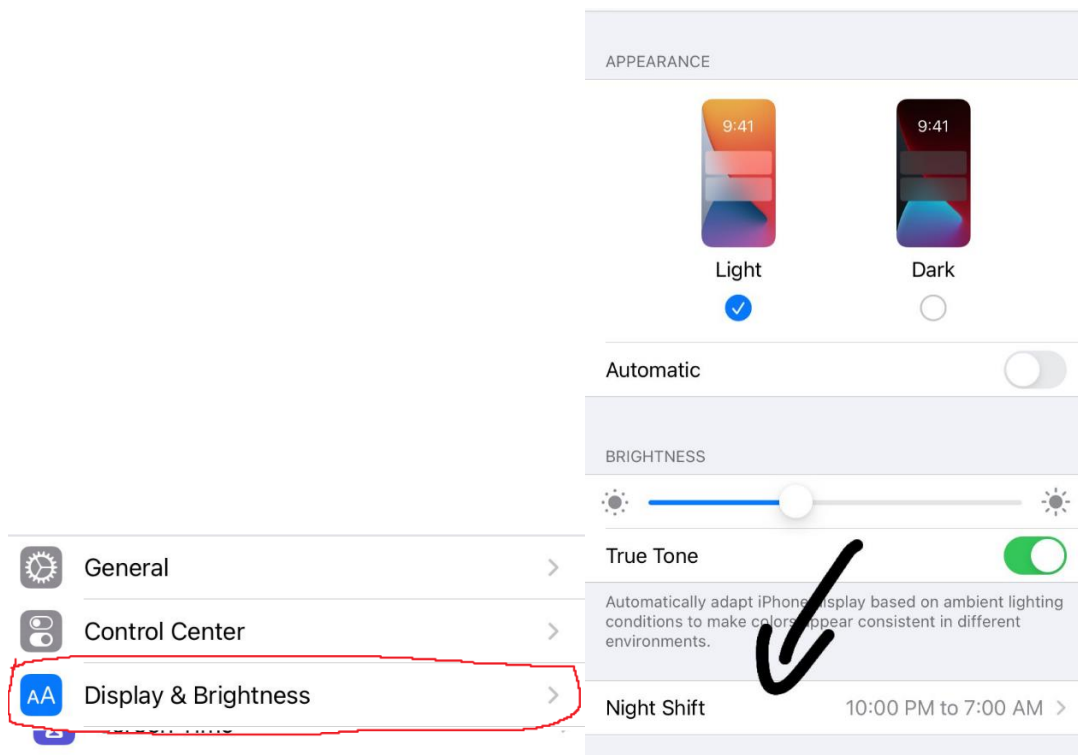
3. Press on that tab and a new screen will show up:
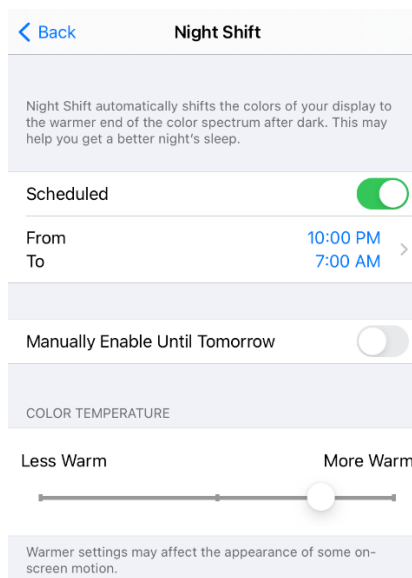
4. From here you can set a scheduled time for the night light filter to turn on or you can manually enable it until the following morning using the toggle switch.

5. Additionally, you can use the slider to increase the strength of the warm light filter or decrease it to your preference.

**How to Turn on Dark Mode for Android and iPhone Smart Phones:**

Android: (Note these instructions are for Android version 11)

1. Open the Settings application or use the pull-down menu at the top to enter the settings application.

2. Find the Display option and press on it.
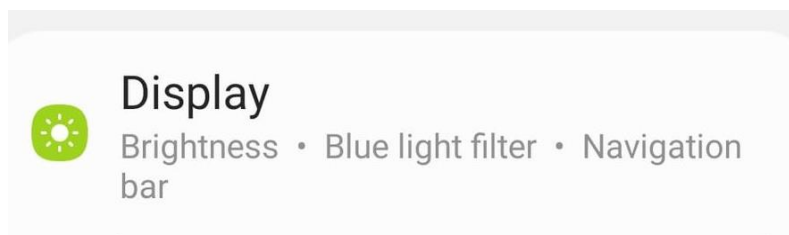
3. At the top there should be two themes displayed "Light" and "Dark"

4. Press on the "Dark" theme to darken the entire phone using that theme.
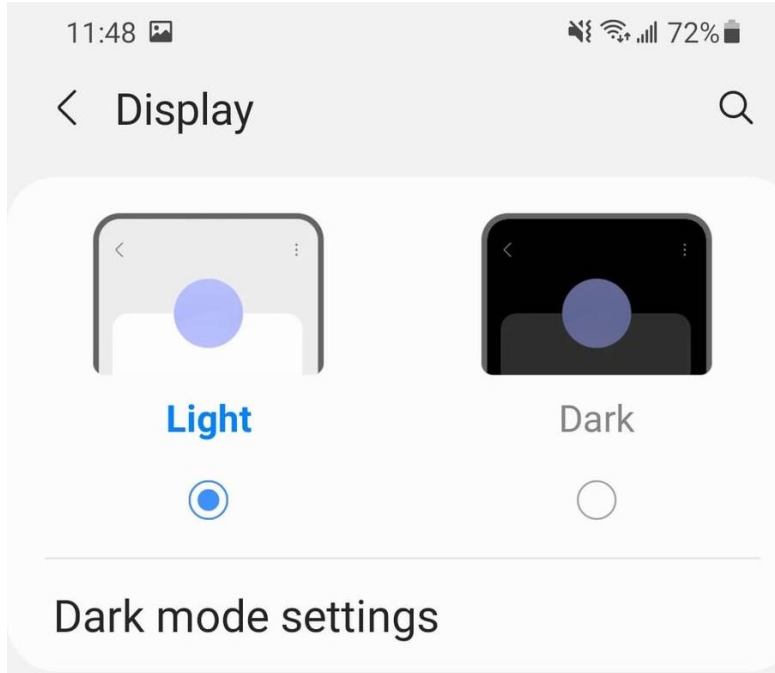
5. Additionally, you can press on the "Dark mode Settings" option to turn on a schedule for dark mode to turn on for. As well, you can turn on the Adaptive Colour Filter (Blue light filter) as mentioned above.
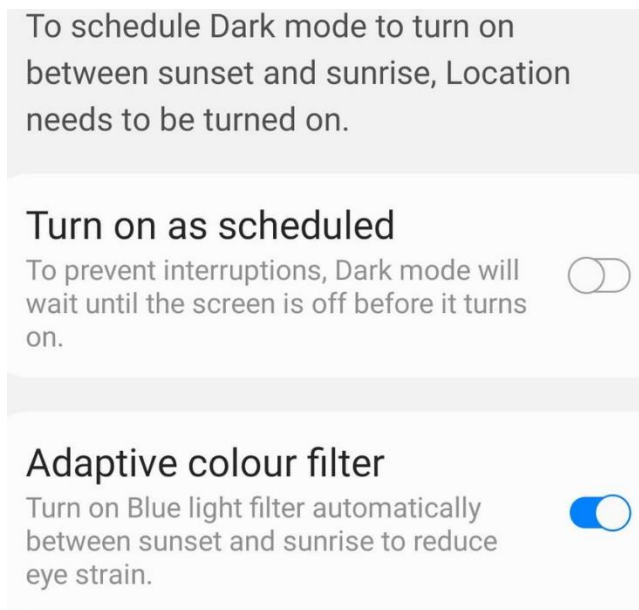
iPhone: (Note these instructions are for iPhone version 14.4).

1. Open the settings application and find the option that says Display & Brightness.

2. From there you can change the theme on the iPhone to dark by simply selecting the

   option for "Dark".