## Night Light Settings Windows and Macbook.

## For Windows (Note these instructions are designed for Windows 10).

- 1. Right click with your mouse or track pad anywhere on your desktop.
- 2. Press the Display Settings option



3. A menu like this should pop up.

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	ŵ Home	Display
	Find a setting $\rho$	Brightness and color
	System	Change brightness for the built-in display
I	Display	Night light (on until 7:45 AM)
	4)) Sound	Night light settings
	Notifications & actions	
	<ul> <li>Focus assist</li> </ul>	Windows HD Color
	Power & sleep	Get a brighter and more vibrant picture for videos, games and apps tha support HDR.
	Battery	Windows HD Color settings
	- Storage	Scale and layout
	Tablet	Change the size of text, apps, and other items
	H Multitasking	Advanced scaling settings
	Projecting to this PC	Display resolution
	X Shared experiences	1920 × 1080 (Recommended) V
	🛱 Clipboard	Display orientation           Landscape         V
	> ✓ Remote Desktop	
10		

4. Make sure the Night Light Setting is toggled on. Night light (on until 7:45 AM)



Night light settings

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Night light can help you get to sleep by displaying warmer colors at night. Select Night light settings to set things

5. If not click on the words "Night Light Settings"

## 命 Night light settings

Screens emit blue light, which can keep you up at night. Night light displays warmer colors to help you sleep.

Turn on now

Strength

The menu shown above will appear.

- 6. From here you can adjust the Strength of the Orange Light Filter using the slider bar shown above.
- 7. Additionally, you can set a time frame for when the Night Light filter turns off and turns back on.
- 8. To make sure that the filter remains on all the time simply toggle the slider that says "Schedule night light" to the off position. This will turn off the orange light filter if it is already on.
- 9. At the top press, the button that says "Turn on Now" this will keep the orange light filter on.

## For Macbook: (Note these settings are for macOS Big Sur).

- 1. Open the apple menu and go to System Preferences.
- 2. Click on the option labeled Displays.



3. After this is done press on the option labeled Night Shift.

Display	Color	Night Shift
	Resolution:	<ul> <li>Default for display</li> <li>Scaled</li> </ul>
	Brightness:	Automatically adjust brightness

- 4. In the Night Shift tab you can use the drop down menu to set a schedule for when the night light comes on. You can also press the checkbox to turn on night shift until tomorrow.
- 5. Additionally, you can use the color temperature sliding bar to make the screen more and less orange.
  - a. Right for more orange light (More warm).
  - b. Left for more blue light. (Less warm)

	Display Color Night Shift	
Night Shift automatica the color spectrum af	ally shifts the colors of your display to the warmer end of ter dark. This may help you get a better night's sleep.	
Schedu	le: Custom	
Fro	m: 9:00 PM 🗘 to: 7:00 AM 🗘	
Manu	al: 🔲 Turn On Until Tomorrow	
Color Temperatur	re: Less Warm More Warm	
	Warmer settings may affect the appearance of some onscreen motion.	
AirPlay Display: Off		
Show mirroring options in the	menu bar when available	?