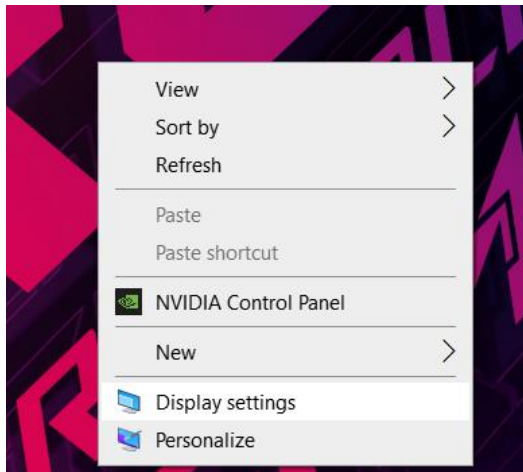


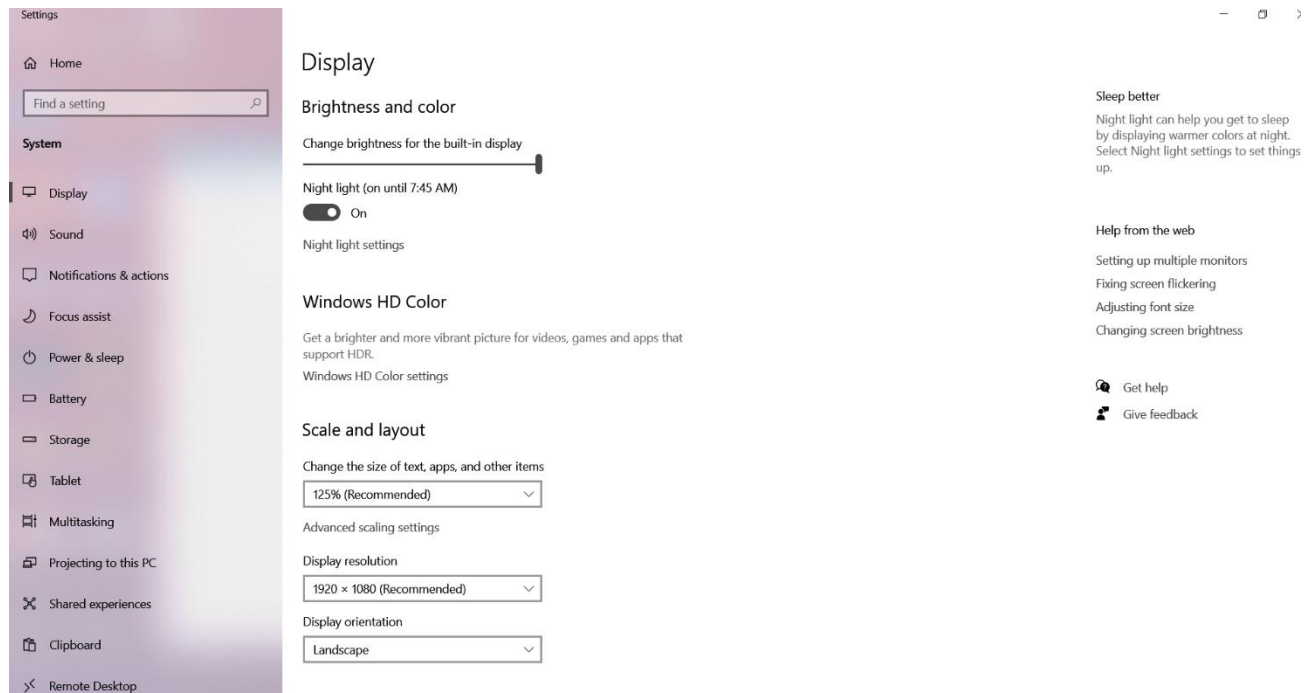
## Night Light Settings Windows and Macbook.

**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.



4. Make sure the Night Light Setting is toggled on.

Night light (on until 7:45 AM)



Night light settings

Night light settings

5. If not click on the words “Night Light Settings”

## 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.

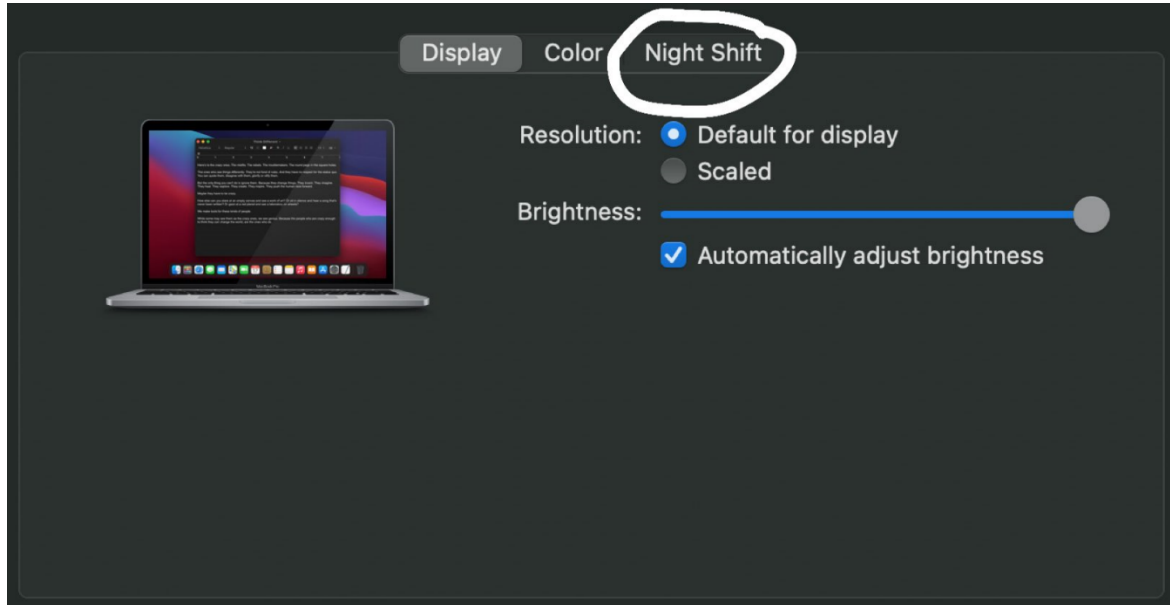
6. From here you can adjust the Strength of the Orange Light Filter using the slider bar shown above.
7. Additionally, you can set a time frame for when the Night Light filter turns off and turns back on.
8. To make sure that the filter remains on all the time simply toggle the slider that says “Schedule 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.



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.
- Right for more orange light (More warm).
  - Left for more blue light. (Less warm)

