

## IF YOU USE YOUR COMPUTER AFTER SUNDOWN, CONSIDER “NIGHT LIGHT”

If you use your computer at night, consider using the “night light” feature for your display (monitor) to soften your screen and reduce the glare. To turn the feature on, press the Windows key plus the I key, then select System, followed by Display. Note that the night light feature is an on/off toggle. Once you turn it on, it will remain on until you turn it off.

### Night light settings

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

Off until sunset (4:40 PM)

[Turn on now](#)

Color temperature at night



### Schedule

Schedule night light

☒ On

☒ Sunset to sunrise (4:40 PM – 6:11 AM)

☐ Set hours