

TRY NIGHT LIGHT FOR A BETTER SLEEP

Night Light makes color temperatures warmer at night so it's easier on your eyes and easier to get to sleep right after using the computer. Many operating systems have been adding this feature. There is considerable scientific evidence that the process works.

How to access it:

1. Visit **Settings** (Windows key + I)
2. Click **System**
3. Click **Display**
4. Click **Night Light Settings** to enable Night Light mode and configure your desired color temperature.
5. Your computer will determine your sunset to sunrise time based on your location. Those hours will change with the seasons.
6. Note that you can set your own hours.

