

Adjusting the screen brightness on a Macbook laptop.

Macbooks can now automatically manage and adjust screen brightness intelligently based on the surrounding environment; however, users aren't always satisfied with this automatic adjustment. Therefore, manually adjusting the screen brightness of a Macbook laptop to their liking remains the most effective solution.

To adjust **the screen brightness of a Macbook laptop** , users can use keyboard shortcuts, set up automatic brightness adjustment, or adjust the screen brightness in the System Preferences settings.



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How to Increase or Decrease Screen Brightness on a Macbook Laptop

Method 1: Adjust screen brightness using keyboard shortcuts.

On a MacBook laptop, look at the top left corner of the keyboard; you'll find the **F1** and **F2** keys , which allow you to increase or decrease screen brightness.

If these keys are configured to function as a normal **F** key , then to increase or decrease screen brightness, you must simultaneously press the **Fn** key + **F** key (on a Macbook it would be **F1**, **F2** ; on a Mac it would be **F14**, **F15**) to increase or decrease screen brightness.



Method 2: Adjust screen brightness in the settings menu.

To adjust it this way, click on the **Apple Menu** -> select **System Preferences** . Next, click on the **Display icon in the System Preferences window** . Then, adjust the brightness up or down using the **Brightness setting** .

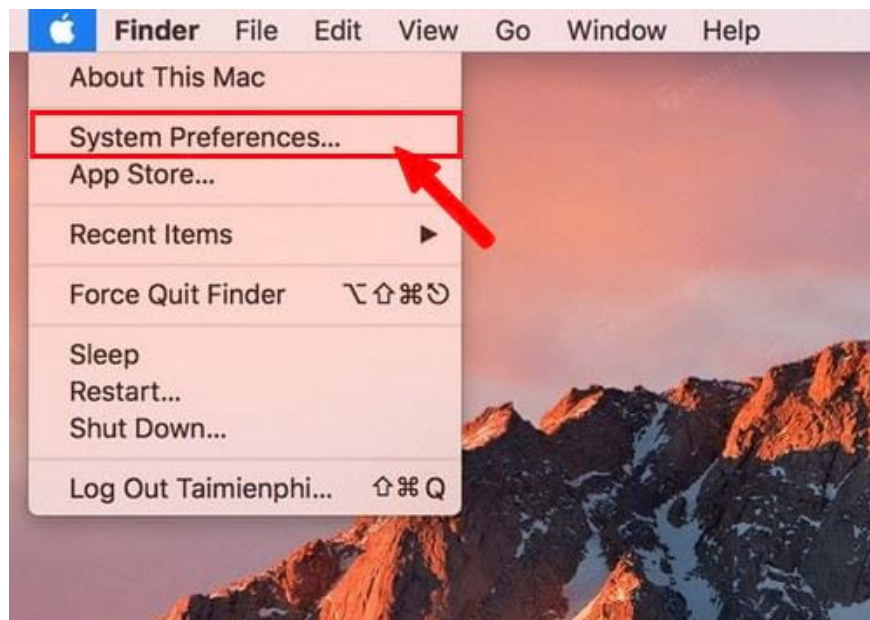


Method 3: Automatically adjust screen brightness based on ambient light.

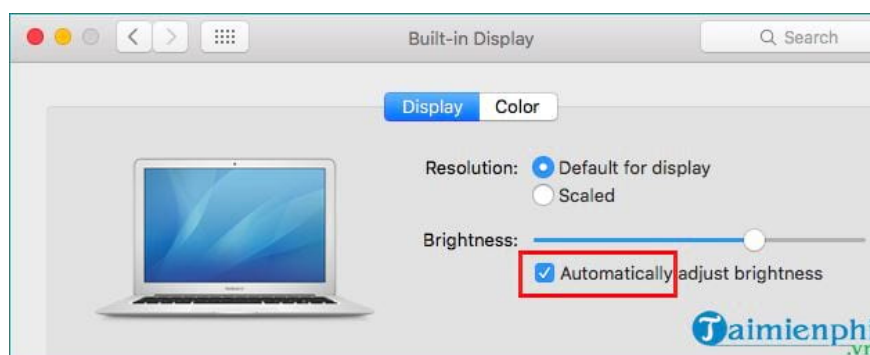
In this way, users can rely on the built-in light sensor on the Macbook to detect and monitor the surrounding ambient light, and the Macbook will automatically adjust the screen brightness to the most suitable level.

Accordingly, the Macbook will automatically increase the screen brightness when the external environment is brightly lit, and automatically switch to a dimmer screen (reduce brightness) when the external environment is dark.

To set this up, go to the **Apple Menu** -> Select **System Preferences** as shown in the image below.



Next, select **Display** . Then, check the box for **Automatically adjust brightness** so that your Macbook uses its ambient light sensor to automatically adjust the brightness based on the surrounding environment.



If you no longer want to use this feature, follow the same steps as above -> then uncheck the " **Automatically adjust brightness**" option .

Note: When you choose to turn off automatic screen brightness, your Macbook's screen brightness will still automatically increase or decrease when you plug in or unplug the charger, so please be aware of this.

Above are some useful ways to quickly **increase or decrease the screen brightness of your Macbook laptop** to your liking, or to set it to automatically adjust the brightness according to the external environment.

If you are interested and need to know more about how to **increase or decrease the screen brightness of laptops** from different brands such as HP, DELL, VAIO, ACER, ASUS, LENOVO, etc., please refer to the adjustment instructions shared by TipsMake to learn how to operate and perform the operation.

You finished reading the article "**Adjusting the screen brightness on a Macbook laptop.**" edited by the [TipsMake](#) team. We hope this article has provided you with many useful tech tips and tricks. You can search for similar articles on tips and guides. Thank you for reading and for following us regularly.

