

Blue Light Filter, application to prevent eye strain when using device on Android

Blue Light Filter-Night not only helps protect your eyes from harmful blue light (filtering over 98% of harmful light) when using electronic devices for hours but also supports recovery of eyesight through 6 articles Simple but effective practice, thereby giving you the right filter from the training results.

If you regularly use electronic equipment for many hours and feel your eyes are dry and tired, the Blue Light Filter-Night Mode eye fatigue application will be essential for you. Blue Light Filter-Night not only helps protect your eyes from harmful blue light (filtering over 98% of harmful light) when using electronic devices for hours but also supports recovery of eyesight through 6 articles Simple but effective practice, thereby giving you the right filter from the training results. In addition, the application also saves up to 15% of the phone's battery.

Bluelight Filter -avoid eye strain



Application compatible Android 4.1 and above. 9 MB capacity. Blue Light Filter-Night Mode is completely free, users can download and install the following link:

1. Blue Light Filter-Night Mode

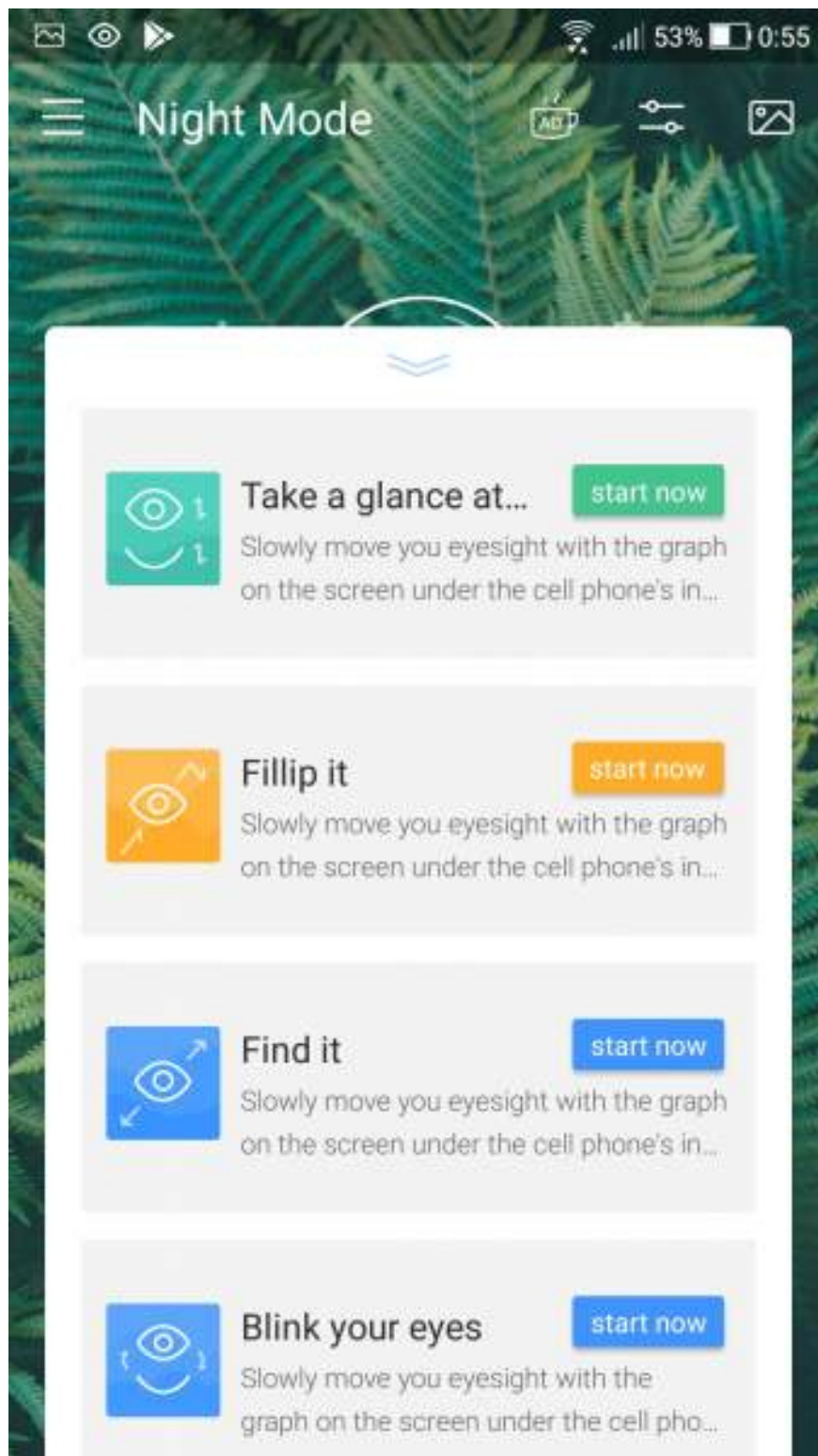
Blue light filter to protect the eyes of Blue Light Filter-Night Mode

Users can choose the appropriate filter according to the environment or content used right on the main interface:

1. **Night with brightness 3200k** : Filter mode for night.
2. **Outdoor with brightness 4500K** : Outdoor filter mode.
3. **Reading Mode with brightness 2000K** : Filter mode for reading text and story books.
4. **Entertainment with brightness 2700K** : Filter mode when watching movie entertainment content.
5. **Game with brightness 3400K** : Filter mode for gaming.
6. **Aid-sleeping with 1800K brightness** : This filter mode helps to relax the eyes, improves sleep quality.

Exercises to help your eyes relax

With Blue Light Filter-Night Mode, you can also relax your eyes with simple exercises (just make your eyes move according to the objects on the screen) but bring high efficiency.



Eye exercises include:

1. **Rotate your eyes** : **Turn your eyes** clockwise and objects on the screen.
2. **Shake it** : exercise moves the eye from right to left.
3. **Take a glance at something** : exercises close your eyes, open your left and right eyes.
4. **Fillip it - Find it** : follow-up exercises moving from bottom to top.

5. **Blink your eyes** : the exercise closes your eyes for 5 seconds.

Note:

When doing eye exercises, you need to set the device screen to face level.

It is recommended to remove it when exercising to make eye recognition more accurate if you are near.

See more:

1. How to prevent eye aches when working in front of a computer
2. Please refer to the useful application for learning, with download link
3. The best health apps on Android and iOS that everyone should install

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