

# Eye protection at night with red screen mode on iPhone

Red screen mode on iPhone will help protect your eyes in the dark, help pupil pupil not adjust and regulate as much as normal light

The use of the phone before going to bed has become a habit of many people, it is okay if operating in sufficient light. If you use the phone in the dark, you'll have to rely on the help of some eye protection or support application on the smartphone.

Or use a dark background, or you have to resort to Night Shift mode help on your phone to reduce light from the phone. Because the blue light from the phone if operating in the dark will be very harmful to the eyes. Another little-known choice on the iPhone is the **Color Tint** feature, which allows you to turn the entire screen into red, depending on your level, you should use the opacity level of this mode.

In a bit of this Color Tint mode, it's quite different from the Night Shift mode you're used to. If Night Shift tries to help you fall asleep by eliminating the blue light frequency and covering the screen with an orange-colored screen, Color Tint will cover your screen with a color filter, in this case red filter.

Red light is harder to see than other light frequencies, so it makes your eyes think it's less bright than it actually is. This means you can look at the red screen in the dark and your pupils won't have to adjust as much as blue light.

Also, when you take your eyes off the red screen, your eyes will adjust faster than the darkness around you. If you don't know how to turn on the red screen mode on your iPhone, follow the instructions below.

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## How to turn on red screen mode on iPhone to protect face

**Step 1:** First go to the **Settings** app> Then select **Accessibility**, then select **Adaptive screen**.

AirDrop



Handoff



CarPlay



Nút Home



Trợ năng



Dung lượng iPhone



Làm mới ứng dụng trong nền



Ngày & giờ



Bàn phím



Ngôn ngữ & vùng



Từ điển





**Step 2:** Next in the **Adaptive screen** menu select **Color filter** , in the color filter menu, turn on the Color filter button.

**Đảo ngược màu**

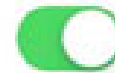
Tắt &gt;

Bật Đảo ngược màu sẽ đồng tắt Night Shift.

**Bộ lọc màu**

Tắt &gt;

Các bộ lọc màu có thể được sử dụng để giúp người dùng bị mù màu phân biệt các màu sắc và hỗ trợ người dùng gặp khó khăn trong việc đọc văn bản trên màn hình.

**Độ sáng tự động**

Tắt độ sáng tự động có thể ảnh hưởng đến thời lượng pin.

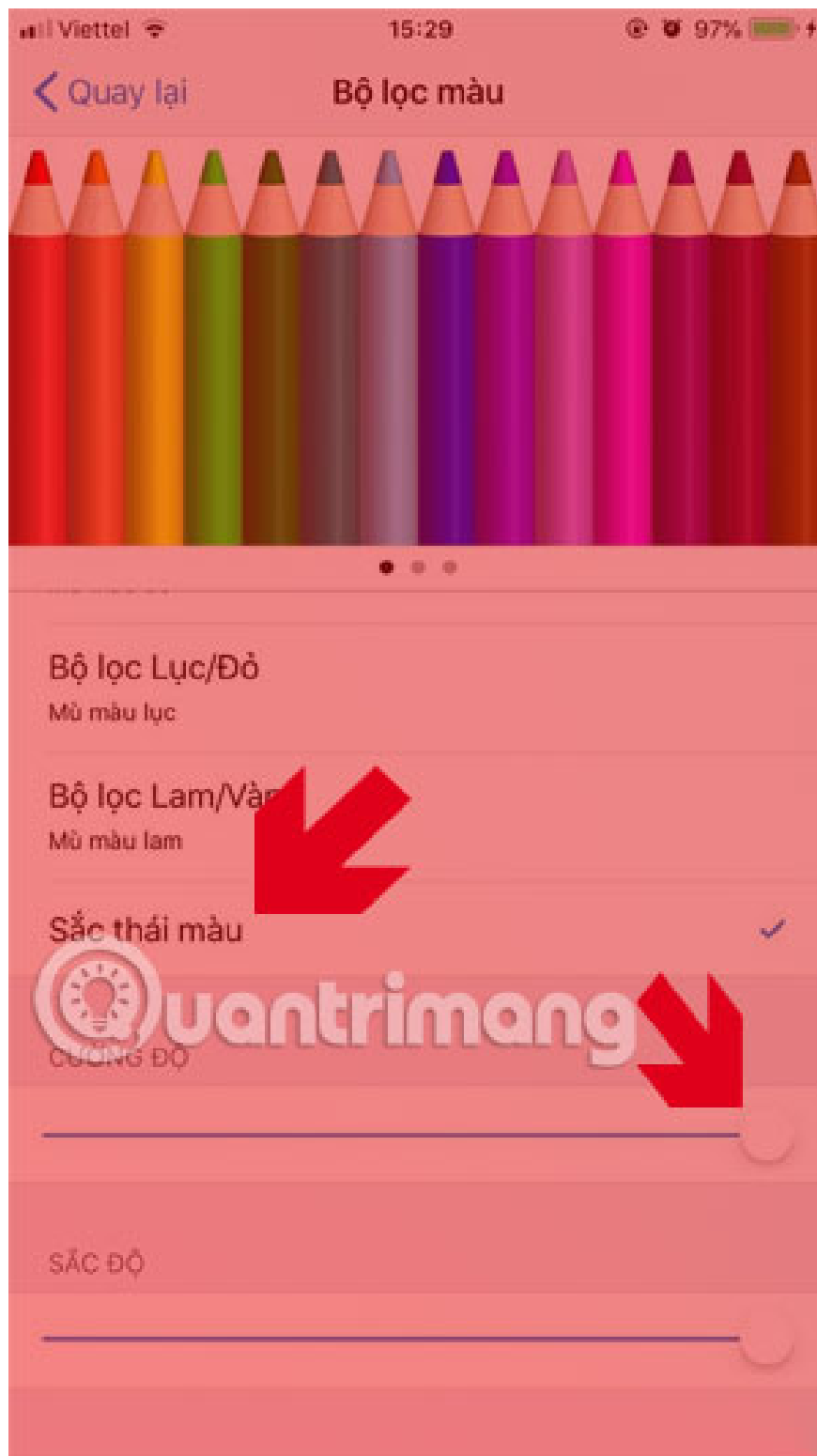
**Giảm điểm trắng**

Giảm cường độ của các màu sáng.



**Step 3:** Then, select the **Color Shading** option at the bottom. Below it will be the **Bar of Strength and Intensity**, with the Chromatogram bar you will be choosing the color to cover the screen, pulling it back and forth, you will see the difference.

The **Strength** bar will help you choose the level of blurring of the color you choose, you should choose the level from 40% to 70%.



**Step 4:** Next you will need a shortcut for turning this **Color Tint** on and off. If you turn off each time you have to go to the Color filter menu, it will be quite inconvenient.

Now go back to **Settings** , select Accessibility, in the Accessibility menu, scroll down to the bottom and select Accessibility **shortcut** . In the Accessibility shortcut menu, save 2 features to become a shortcut.

Cài đặt chung Trợ năng

Tính năng khử tiếng ồn giúp giảm tiếng ồn môi trường trong các cuộc gọi điện thoại khi bạn đang giữ ống nghe gần tai.



Điều chỉnh sự cân bằng âm lượng giữa kênh bên trái và bên phải.

Khả năng tương thích trợ thính

Khả năng tương thích trợ thính cải thiện chất lượng âm thanh với một số thiết bị trợ thính.

PHƯƠNG TIỆN

Phụ đề chú thích >

Mô tả âm thanh Tắt >

TÌM HIỂU

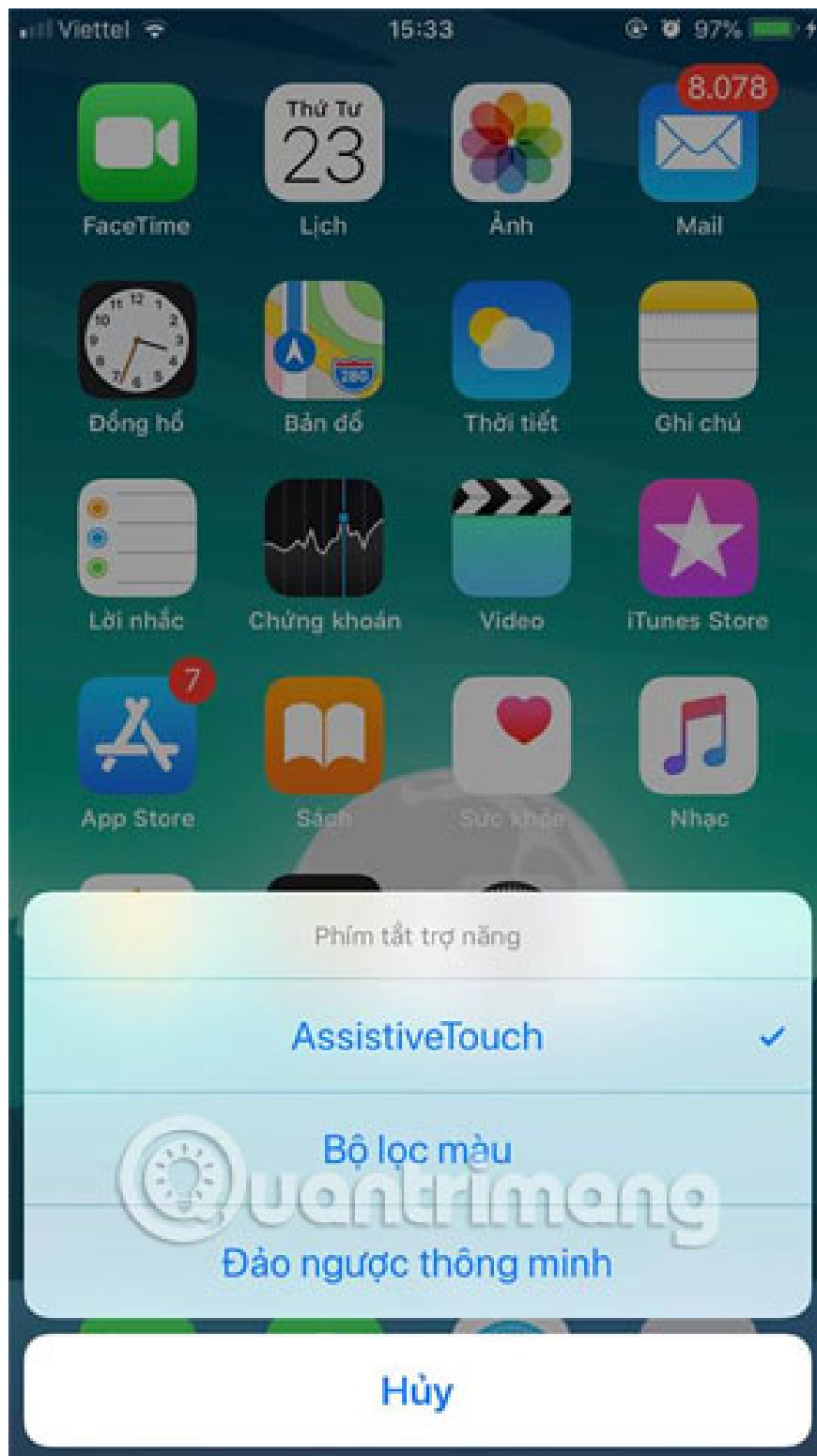
Truy cập được hướng dẫn Tắt >

Phím tắt trợ năng Tắt >





Then go outside the home screen and press home key three times to open the list of accessibility shortcuts, with iPhone screen overflows like iPhone X, Xs, Xs Max, Xr press the power button three times to open Accessibility shortcut menu. Next in the accessibility shortcut menu, select Color filter, then red will be overlaid on your screen.



Night Shift's red orange color you usually put on the iPhone will make you a little uncomfortable if you just use it, but in addition to red, you can customize other colors in the Color Filter.

Everyone knows that low power mode on iPhone will help you extend the time to use smartphone, but most users do not know that there is another way to extend battery life, which is for color mode. black and white. This mode helps to reduce the operating level of the phone CPU and increase the amount of battery life. How can you

follow the article? [How to turn iPhone screen to gray to save battery.](#)

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