

Guide to adjusting computer screen colors to reduce eye strain.

You can read and follow the instructions below from TipsMake on adjusting your computer screen color to reduce eye strain and protect your eyes most effectively while using a computer. With this method, you can also adjust the screen color to any color you like.

This method helps you : Adjust screen colors easily.

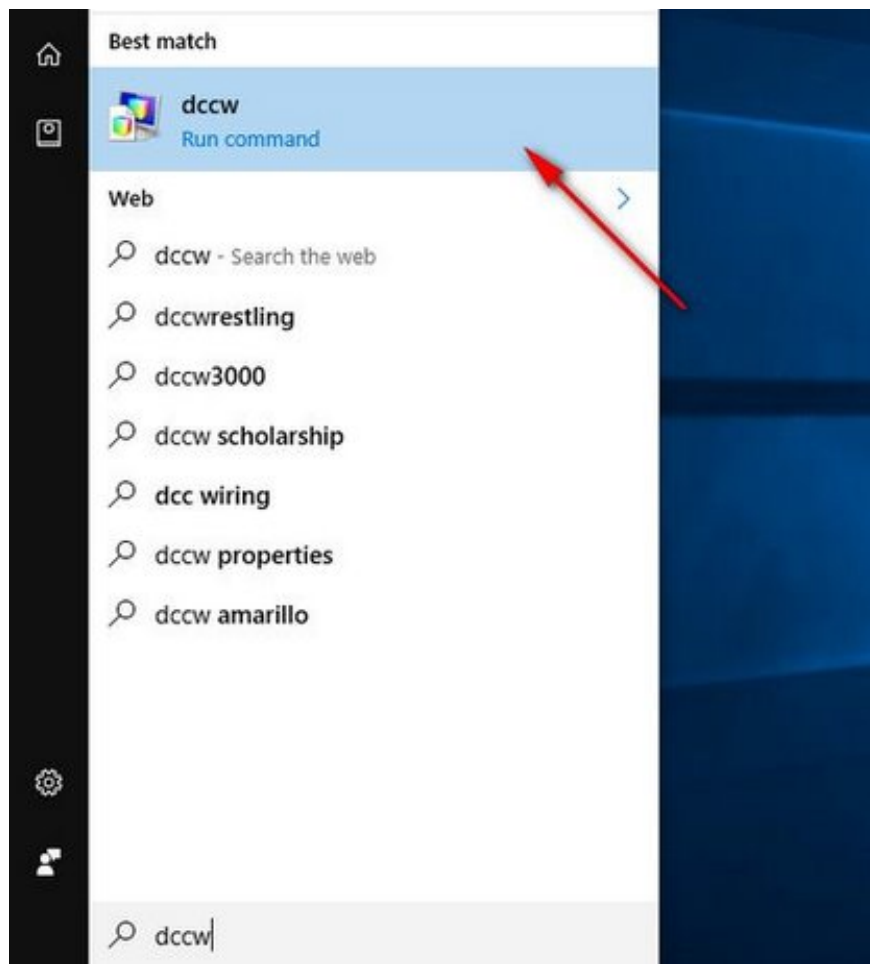
From Windows 7 onwards, Microsoft has integrated the **Display Color Calibrator** tool to help you adjust your computer screen colors for optimal results. While not a widely used tool, it's very useful for those who need it.



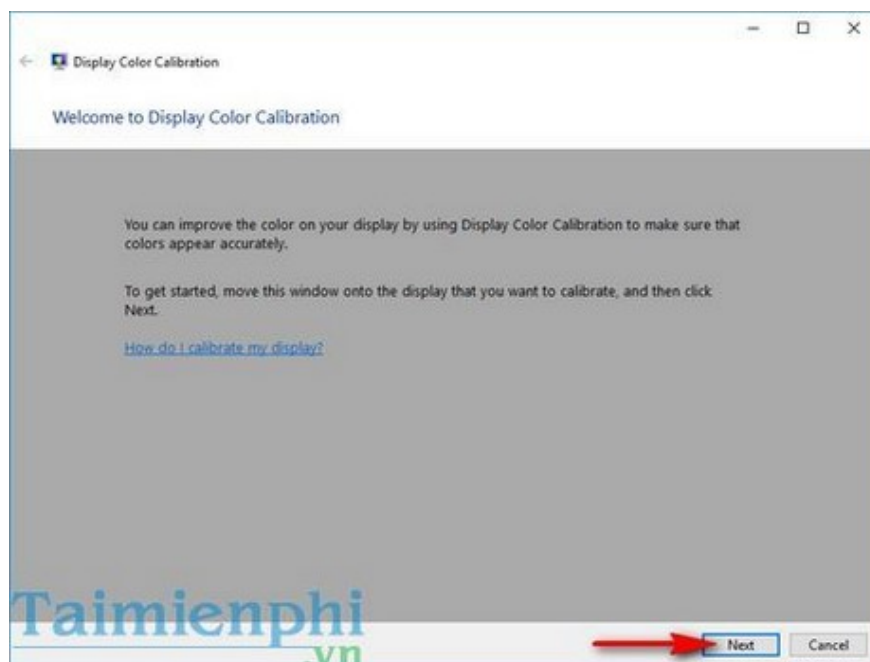
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GUIDE TO ADJUSTING COMPUTER MONITOR COLORS

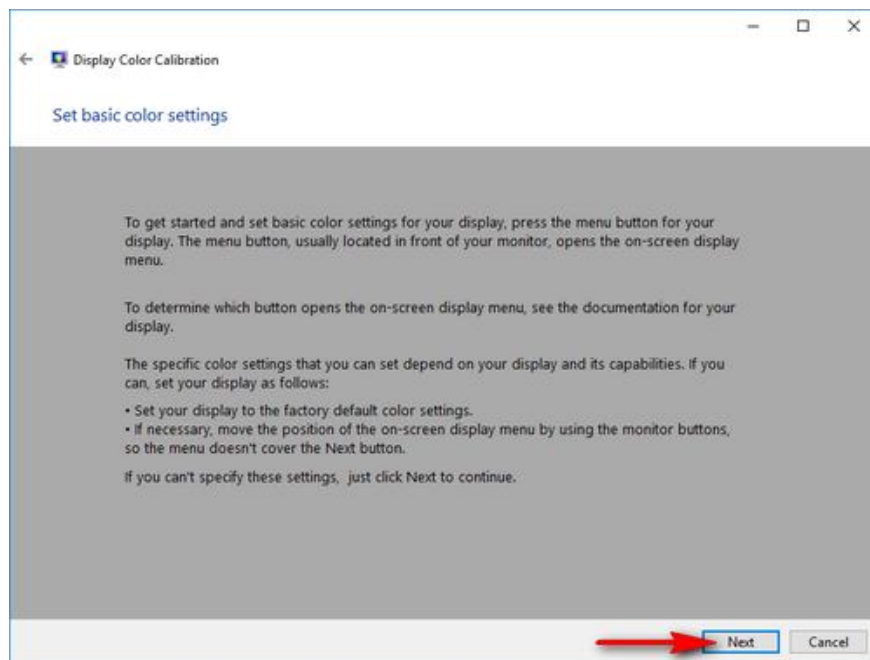
Step 1: Open the **Start Menu** , type "**dccw**" in the Search bar , then click on the "dccw (Display Color Calibrator)" application displayed in the search results.



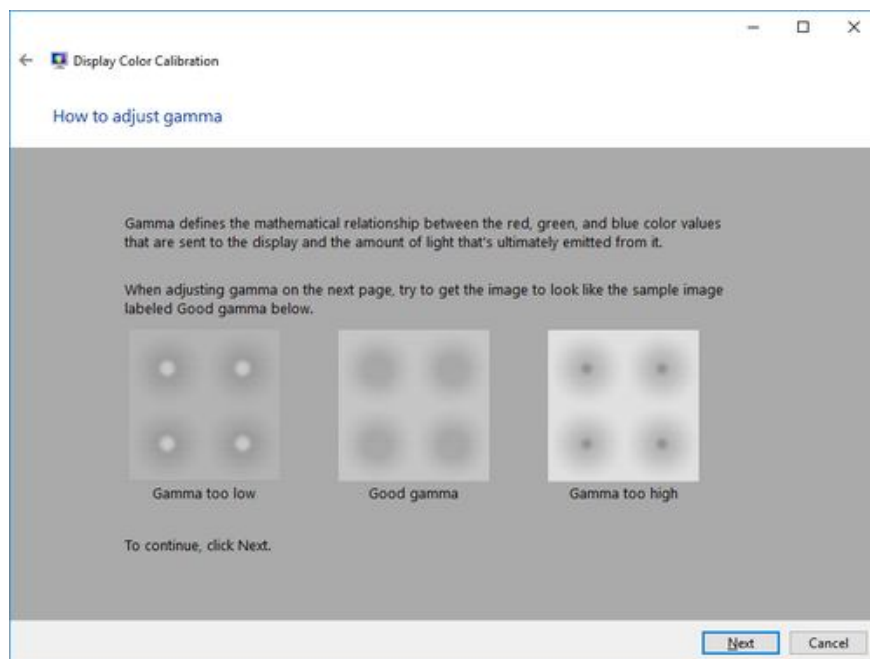
Step 2: On the first window that appears in the application, click **Next** to proceed with adjusting the computer screen colors.



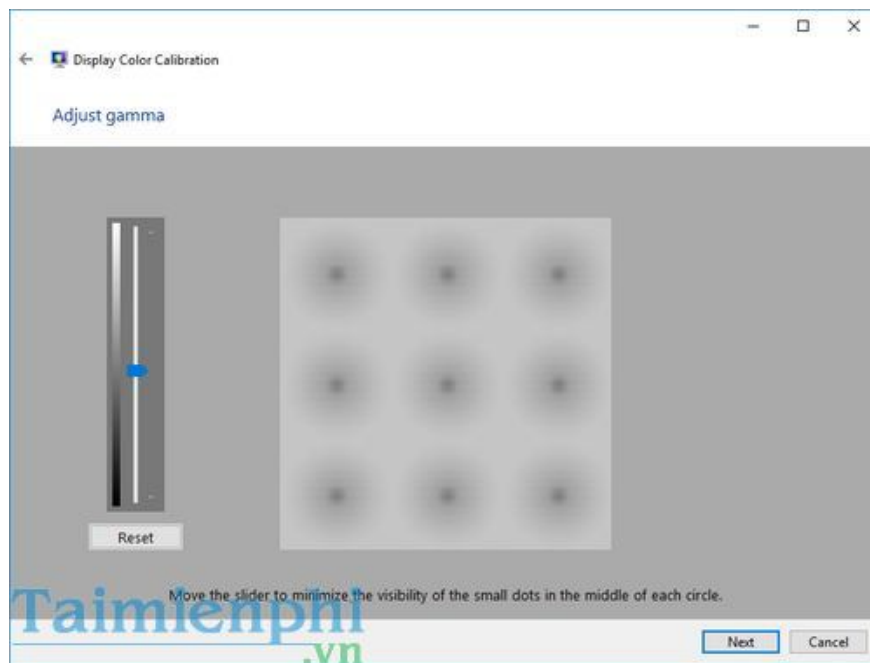
Step 3: In the next step, the tool will ask you to set the screen color to default; you can choose to do so or not, then click **Next** .



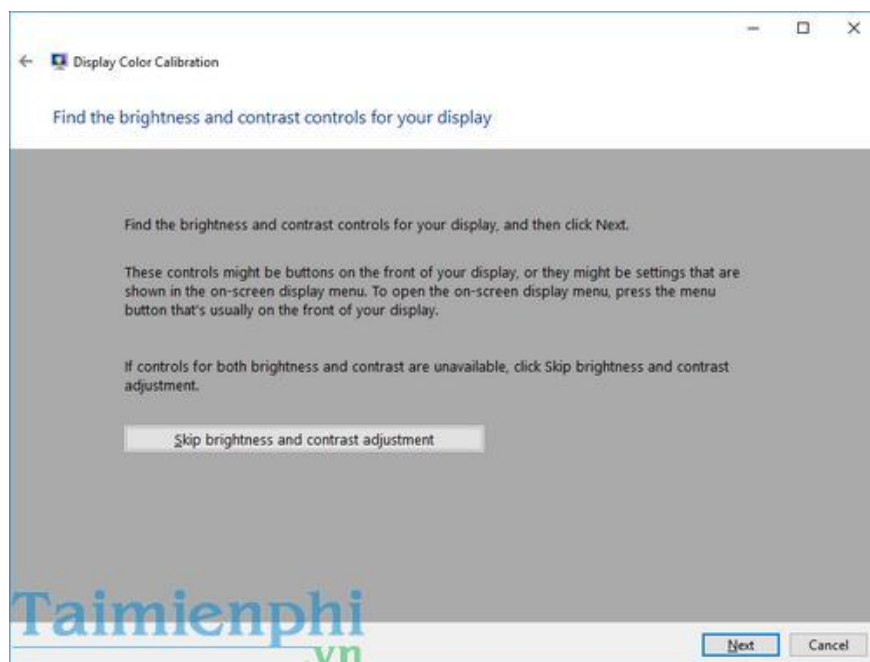
Step 4: The first step in adjusting screen color is setting the **Gamma** level . This window will show you that gamma is the color range between red, green, and blue. In the next step, you need to set the gamma so that the display meets the standard as shown in the middle box (**Good gamma**).



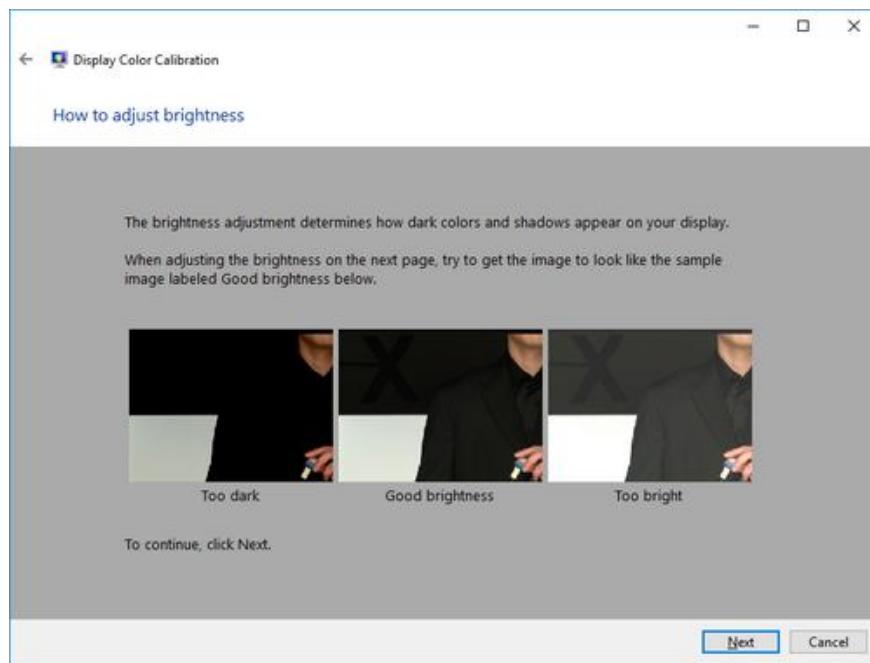
Step 5: Use your mouse to drag the gamma adjustment column on the left until you achieve the best display level. Press **Reset** to return to default settings.



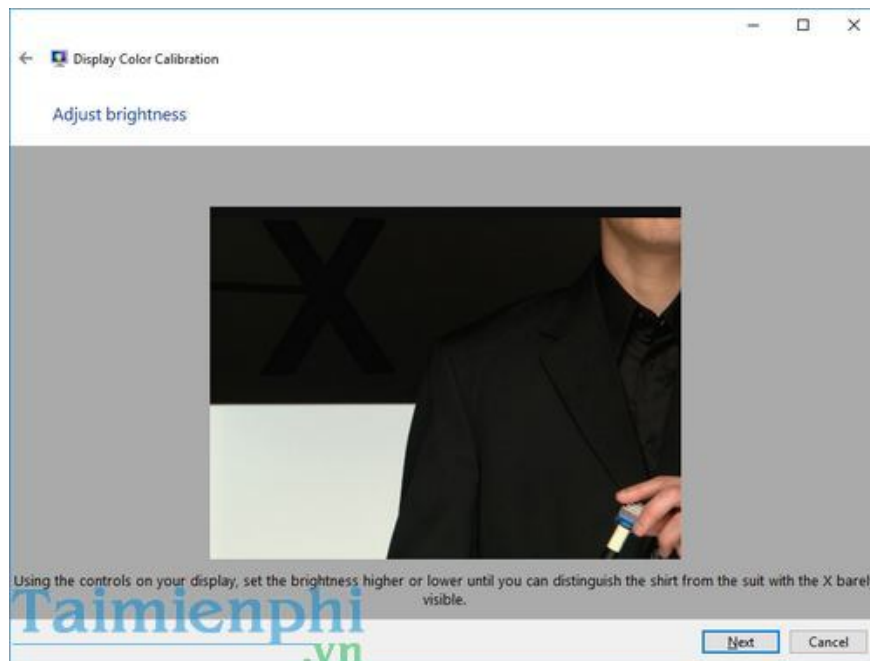
Step 6: Click **Next** to proceed to the next step of setting **Brightness and Contrast**.



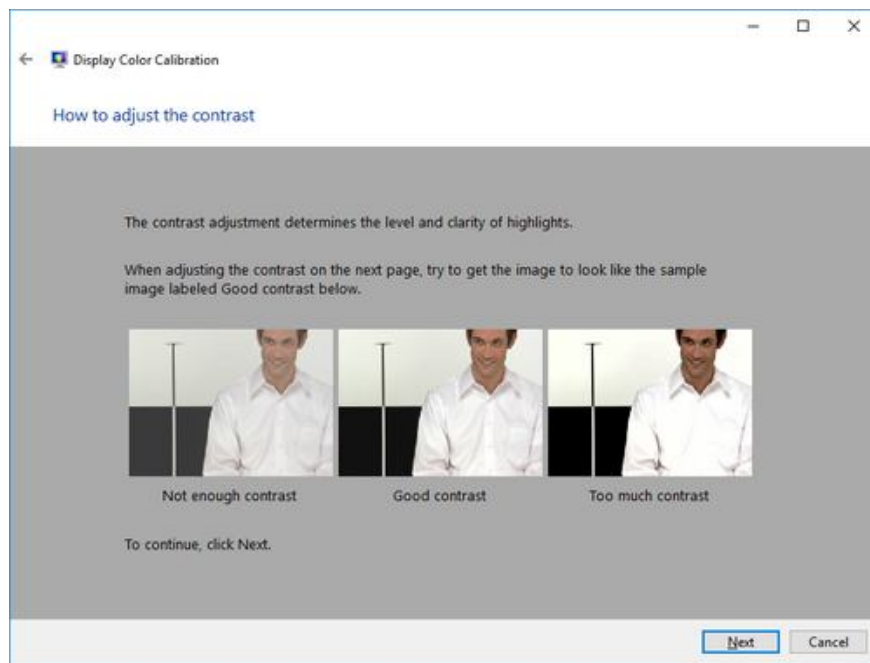
Step 7: You will be explained that **Brightness** **refers** to how light and dark colors are displayed on the screen. You need to adjust the screen color in the next step to achieve the best **brightness** .



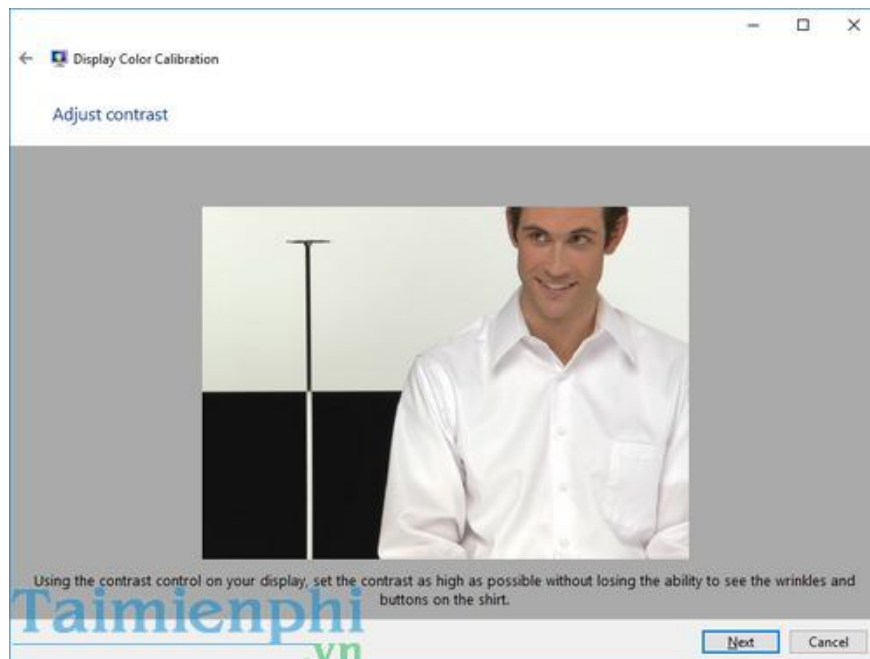
Step 8: You need to use the settings keys on your computer screen to adjust the brightness so that **the X** in the image is most clearly visible.



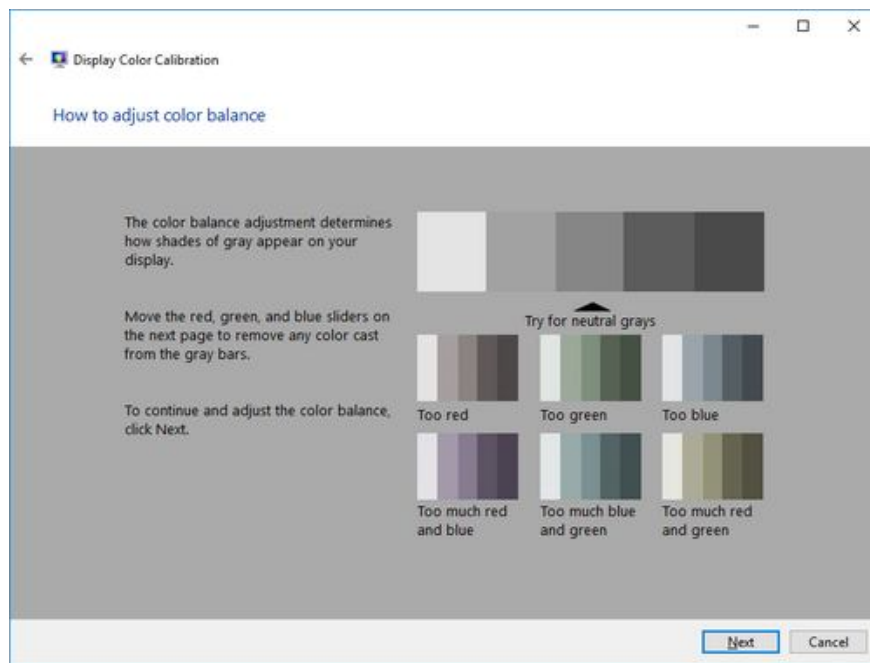
Step 9: Next is the step to adjust the Contrast . Contrast is the factor that determines the sharpness between two background colors, as shown in the image below. Click **Next** to set the contrast to achieve the sharpness shown in the middle image (**Good contrast**).



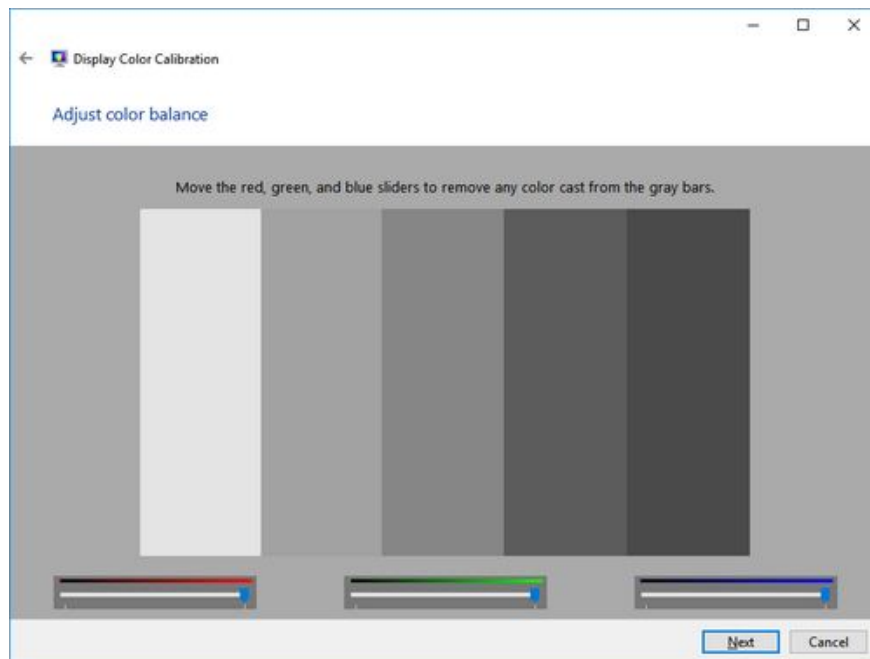
Step 10: Similar to adjusting brightness, use the on-screen physical buttons to adjust the contrast so that you perceive the image of the man in the tool as clear and sharp as possible.



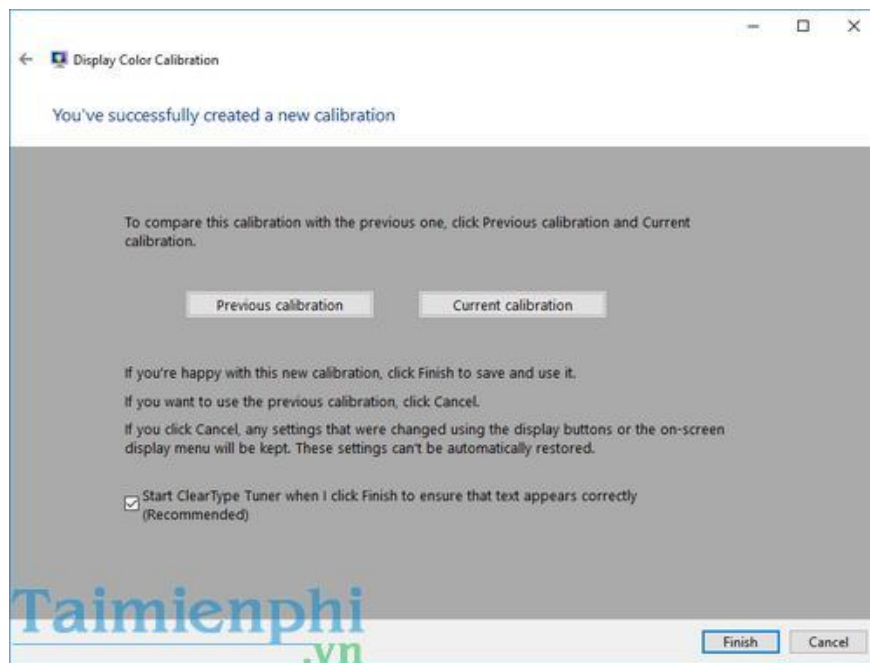
Step 11: You need to choose balanced color tones that suit your eyes. Click **Next** to continue.



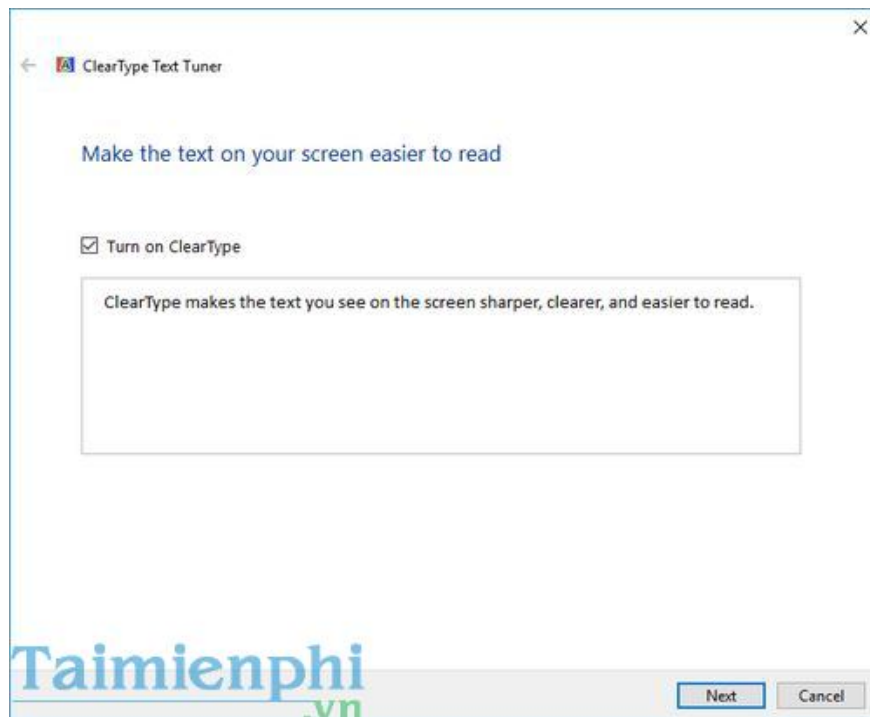
Step 12: Drag the sliders under the three shades of red, green, and blue to customize your computer screen's color to your liking.



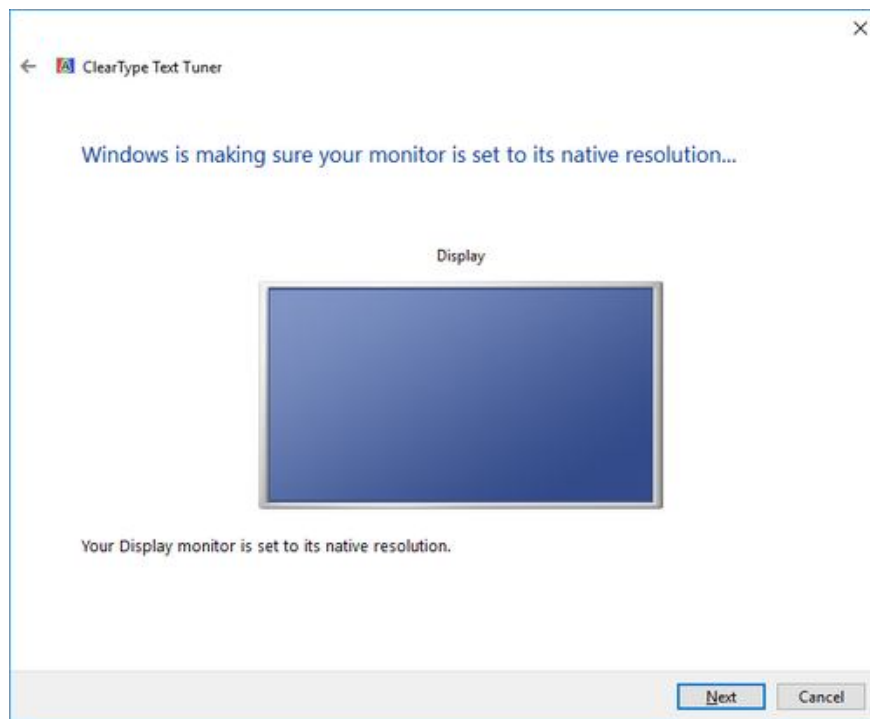
Step 13: In this step, you will be able to compare the old screen color (**Previous Calibration**) and the new color (**Current Calibration**) to choose which screen color adjustment suits you better. Click **Finish** to select the new screen color and **Cancel** to return to the old screen color.



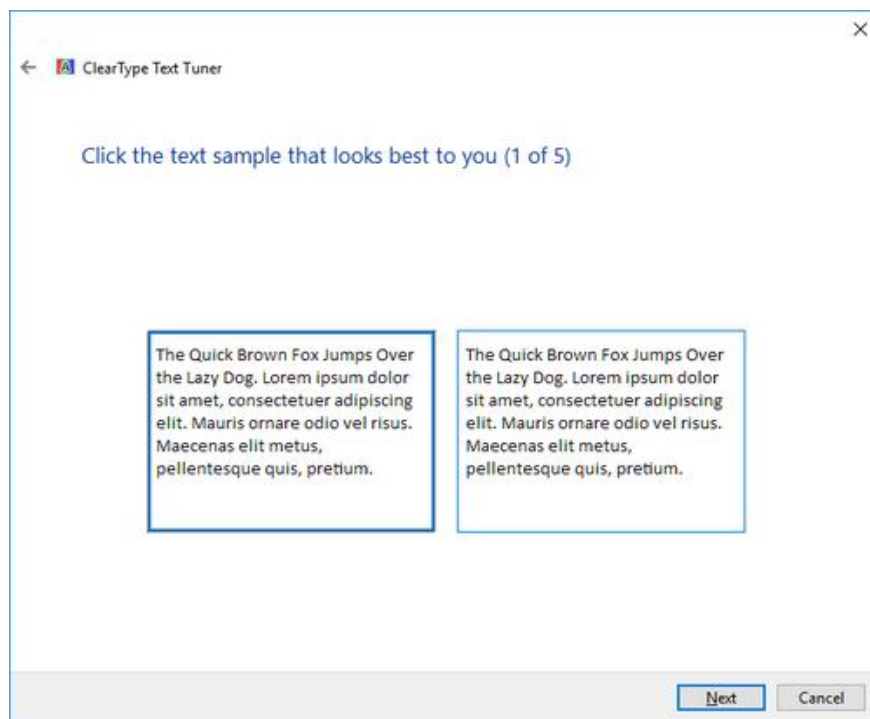
Step 14: If you click **Finish**, you will be taken to the **ClearType Text Turner** window . This window helps you read text and view images more clearly with the new screen color adjustment. Click **Next** to continue.



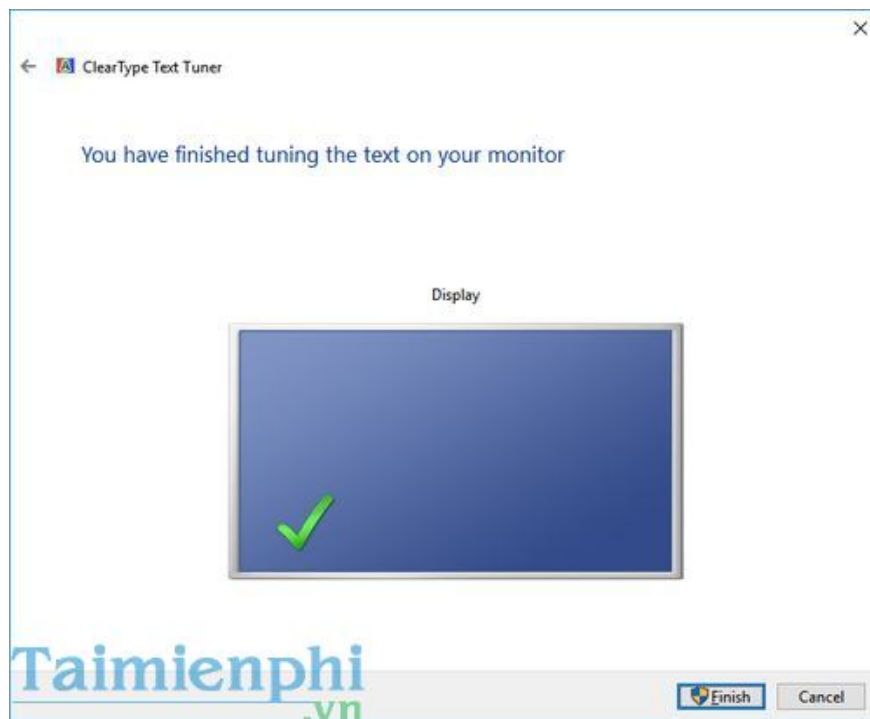
Step 15: You need to return your computer to its original factory resolution and click **Next** .



Step 16: The tool will present you with text templates. Simply choose the template where you feel the writing is displayed most clearly and sharply.



Step 17: After you have finished selecting, your screen will automatically adjust to display the text as you just set it up. Click **Finish** to complete.



So, TipsMake has completed the guide to help you adjust your monitor's color, allowing you to enjoy entertainment and work on your computer with the best quality. Besides manually adjusting screen brightness using the Display Color Calibration tool, you can also adjust screen brightness using Flux , which is very useful. Good luck!

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