

How to enable Dark Mode in Office 2019 to protect your eyes.

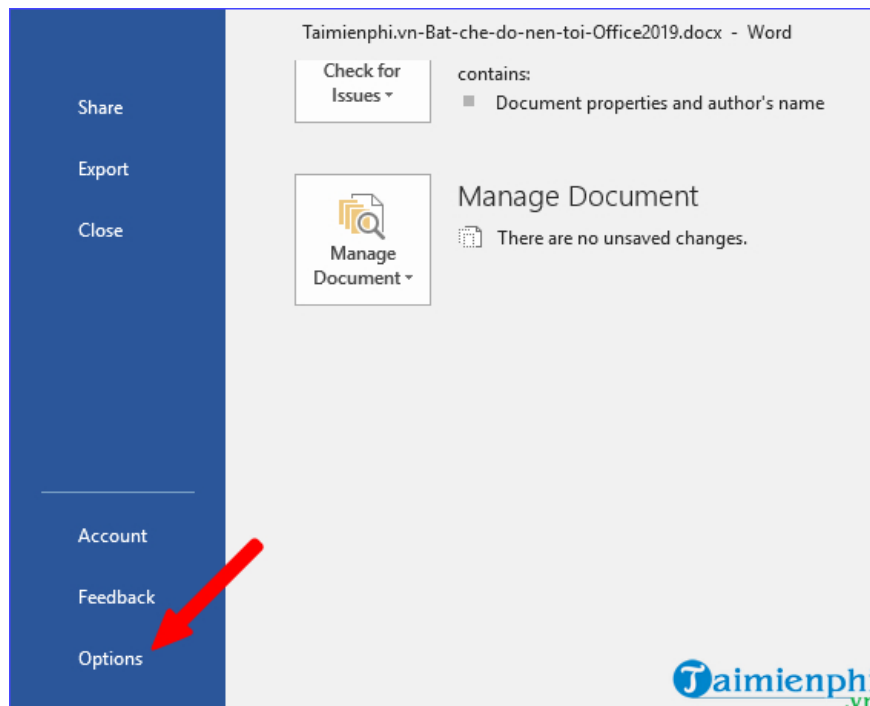
Dark Mode in Office 2019 reduces blue light, protecting your eyes when working for extended periods. This feature can be activated in Word, Excel, and PowerPoint with just a few steps.

Dark Mode makes the Office 2019 interface more eye-friendly, especially when working at night. You can easily enable this mode in Options or Account.

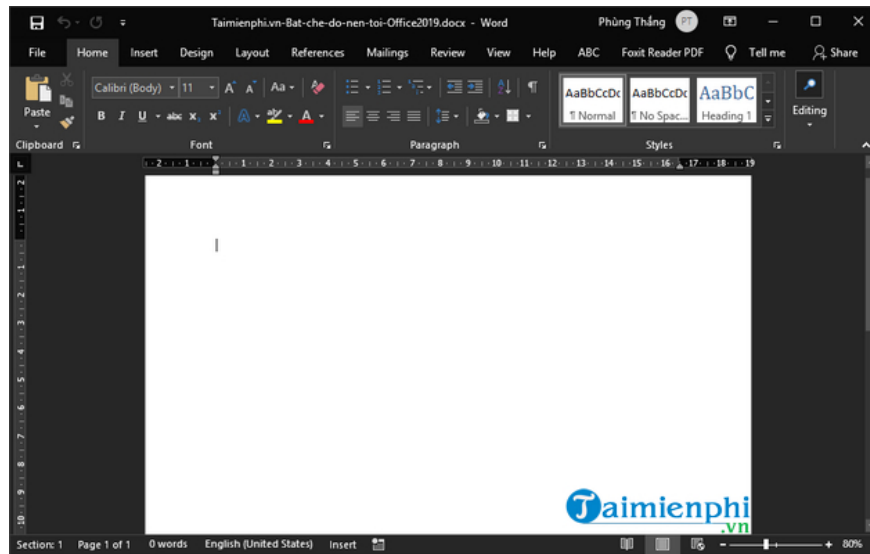
How to enable dark mode in Office 2019

1. Switch to dark mode in Office 2019 via Options.

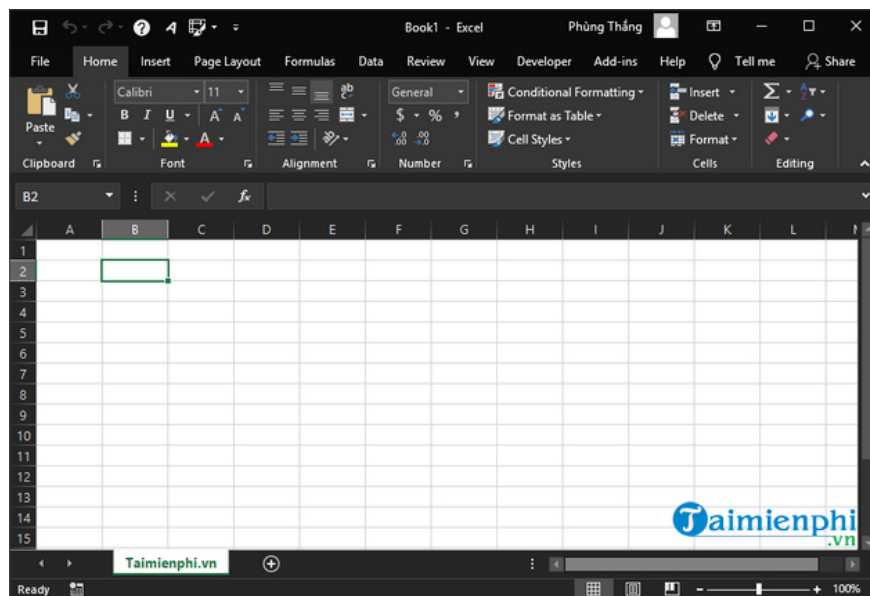
Step 1: First, open Word -> click on the **File** menu -> **Options**



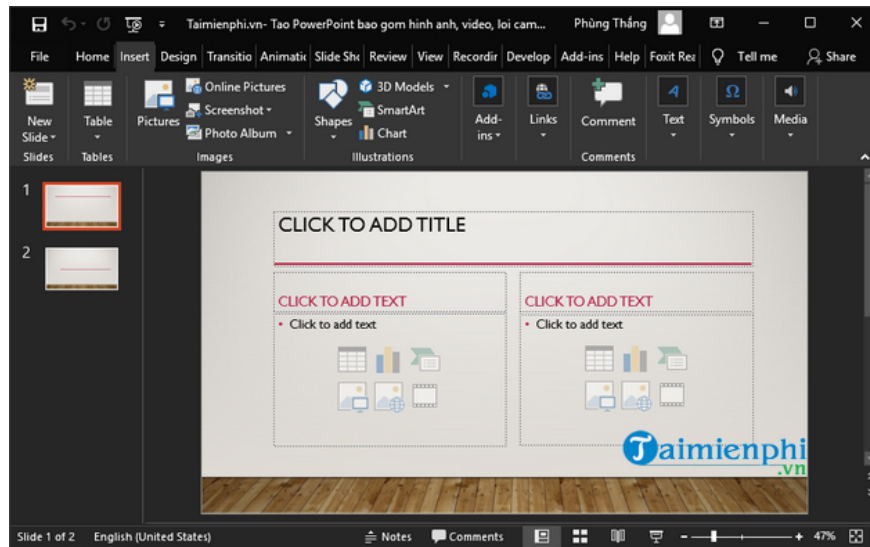
Step 2: In the new interface that appears, under **General** , look to the right and find the section **Personalize your copy of Microsoft Office** .



When you open Excel, you will also see a dark mode interface similar to Word, as shown in the image below:

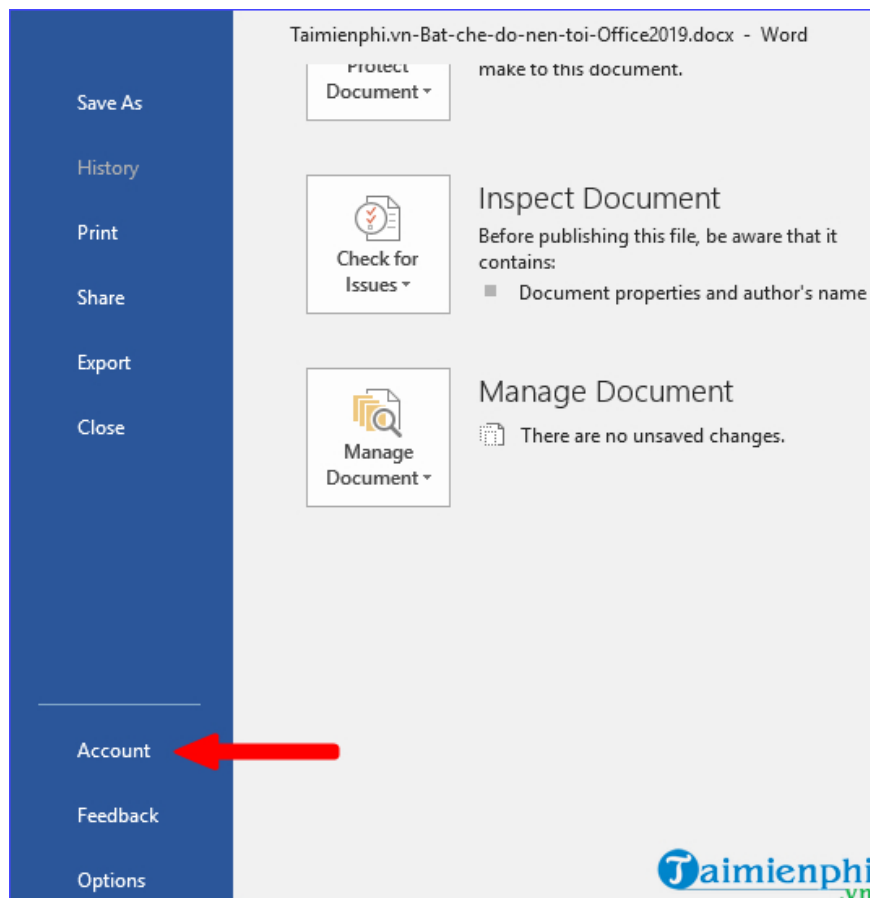


The same applies to PowerPoint when you open it:

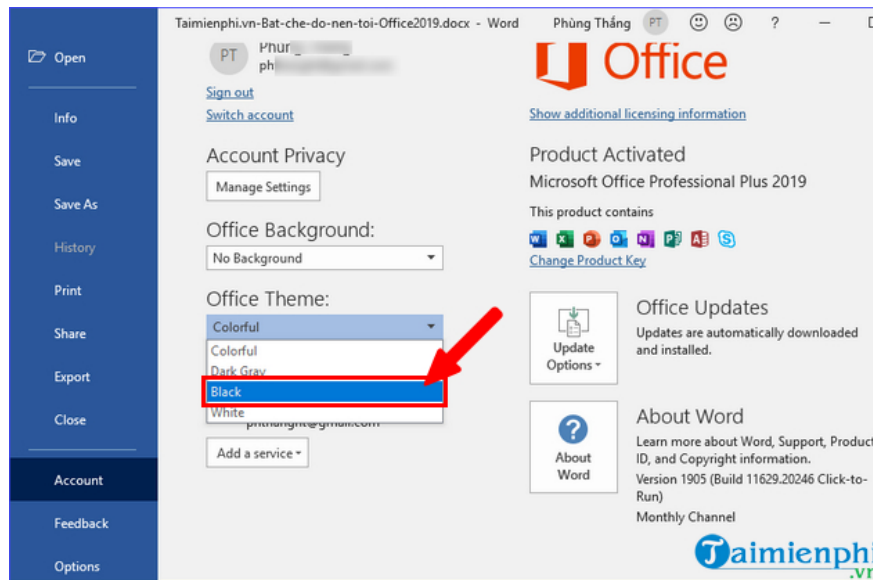


2. Enable dark mode in Office 2019 in Account.

Step 1: Also in the Office 2019 interface -> click on the **File** menu to display the list of options -> then click on **Account** .



Step 2: Look to the right and you'll see the **Office Theme** section -> click on it and select **Black** to switch to a dark theme. The result will be that you've switched to dark mode in Office 2019 just like you did above.



Once you successfully enable Dark Mode in Office 2019, you'll see that the Word, Excel, and PowerPoint interfaces are synchronized with a dark background, reducing eye strain when working in low-light environments. If you want to revert to the light interface, you can go to File > Options > Office Theme and select Colorful or White.

You finished reading the article "**How to enable Dark Mode in Office 2019 to protect your eyes.**" 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.