

# How to increase or decrease the brightness of your desktop computer screen.

Adjusting screen brightness is an effective way to protect your eyes when working on a computer for extended periods. This article guides you on how to adjust the brightness of your desktop computer screen. Let's follow along.

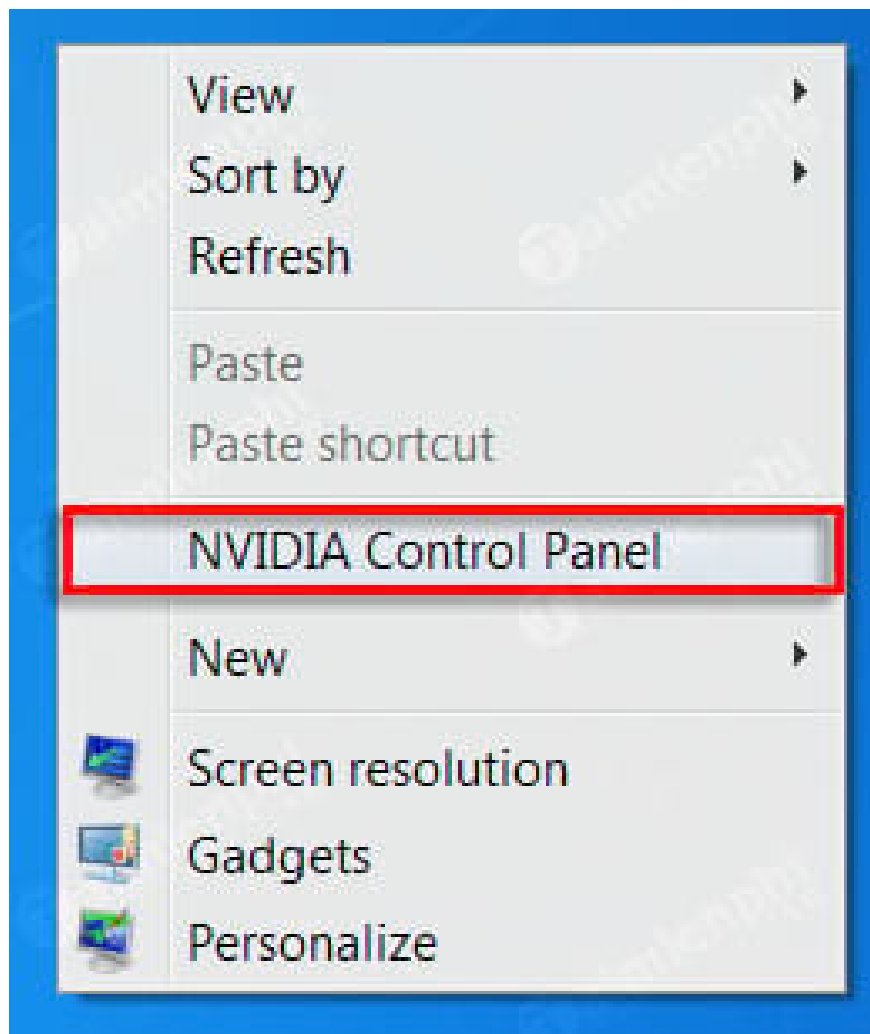
Setting your screen brightness too bright or too dark can cause eye strain. If you frequently work in these conditions, your eyesight will deteriorate over time.

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**Note:** To adjust screen brightness, you need to ensure that the device drivers are fully installed.

### *1. Adjust screen brightness (increase or decrease) on devices using NVIDIA graphics cards.*

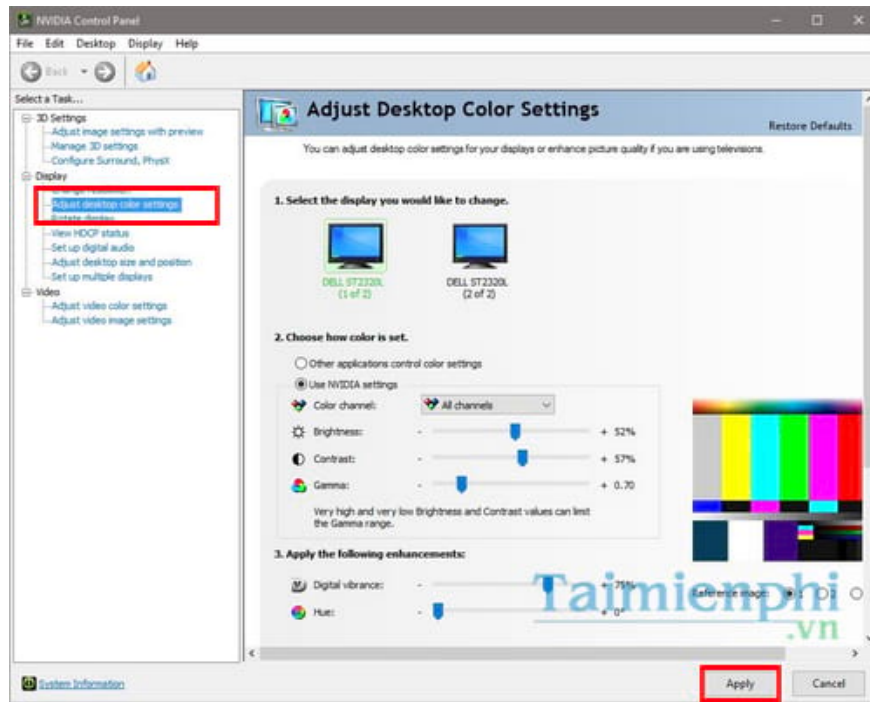
*Step 1:* Right-click on an empty space on the screen and select **NVIDIA Control Panel** from the menu.



*Step 2:* The NVIDIA Control Panel will appear. Find the "**Adjust desktop color settings**" option in the Display menu.

A window with control boxes will appear.

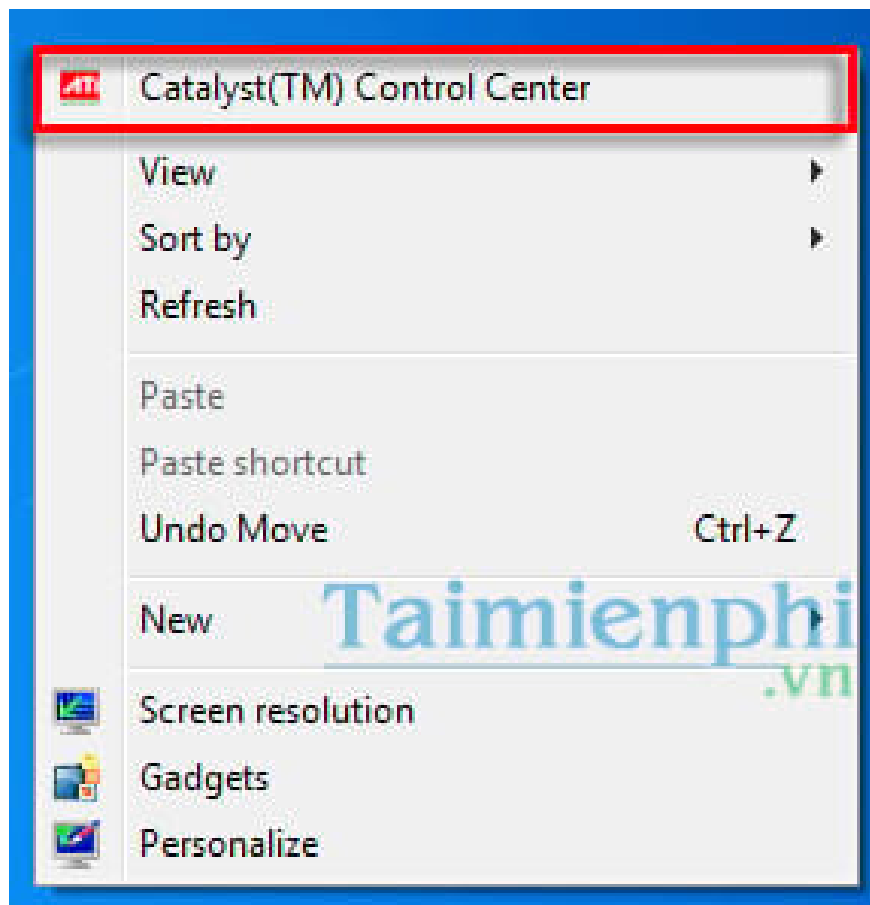
*Step 3:* Adjust **the brightness** by dragging the slider to the left to decrease or to the right to increase.



*Step 4:* After adjusting the screen brightness to your liking, click Apply changes and close the NVIDIA Control Panel window.

## ***2. Adjust the screen brightness (up or down) on devices using an ATI graphics card.***

*Step 1:* Launch the ATI driver by right-clicking on an empty space on the screen and selecting **Catalyst (TM) Control Center** from the menu. A window with three control sliders will appear.



*Step 2:* Adjust the **Brightness** setting by dragging the slider to the left or right.

*Step 3:* Click **Apply** , then click **OK** to save the settings and close the control panel window.

### ***3. Adjust the screen brightness using the physical buttons on the screen.***

*Step 1:* Open the monitor settings window. There is usually a button on the front or side panel of the monitor to access the hardware settings.

*Step 2:* Adjust the brightness in the **Contrast/Brightness** control panel or **Display Settings** .

*Step 3:* Press the button on the control panel again to close the settings window.

Above are some ways to increase and decrease the brightness of your desktop computer screen that Taimienphi wants to share with you. Hopefully, these tips will help you adjust your screen brightness appropriately, protect your eyes, and avoid strain. Good luck!

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