

# How to protect eye health when using iPhone at night

Here are some instructions for how to change your display settings and develop healthier habits to avoid eye strain caused by your iPhone's digital screen.

## How to protect eye health when using iPhone at night

- Schedule the "Night Shift" function on your iPhone

Blue light is the main cause of eye strain when looking at digital screens, and warmer screens reduce the amount of blue light.

The Night Shift function on iPhone changes your display to a warmer color temperature at night to help you sleep better. You can schedule Night Shift to turn on and off automatically every day at certain intervals from the Display & Brightness settings.

Alternatively, you can also turn on Night Shift manually, by swiping up from the bottom of the screen and tapping the Night Shift button in Control Center to turn it on/off.



- Adjust your screen brightness

If your screen is much brighter or darker than your surroundings, swipe up from the bottom of the screen and change the brightness. Adjust the brightness slider in Control Center to closely match the light levels in your surroundings.

- Increase your display contrast. Your iPhone has the option to darken display colors and increase contrast in Accessibility settings. Higher contrast makes images clearer and makes it easier for your eyes to focus on the screen.

- Increase your text size

Larger fonts will help you focus your eyes and read text on your iPhone screen more easily. Try changing your Text Size from the Display & Brightness setting to a larger font.

You can also enable larger text sizes in your Accessibility settings.

- Use anti-reflective screen coating

Consider purchasing a matte screen protector as an easy solution to minimize screen glare. Minimizing glare will make it easier for your eyes to focus on the display.

- Rest for a while

The best way to prevent eye strain is to not overuse your eyes. Try the 20/20/20 method by taking a 20-second break from your screen every 20 minutes and looking at something 20 feet away (about 6 meters).

- Hold your iPhone at a longer distance. Maintain a distance of about 40 cm between your eyes and the screen.

- Wipe your iPhone screen with a dry cloth. Dust will cause screen glare and you can minimize this by regularly cleaning the screen with a dry cloth.

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