

How to reduce iPhone screen brightness to lower than the iOS limit allows, help reduce eye strain

If you use the iPhone a lot at night, and though you have enabled the Night Shift feature, your eyes still get tired when you look at the screen a lot. Fortunately, you can still adjust the iPhone settings to reduce screen brightness to below the iOS limit allowed.

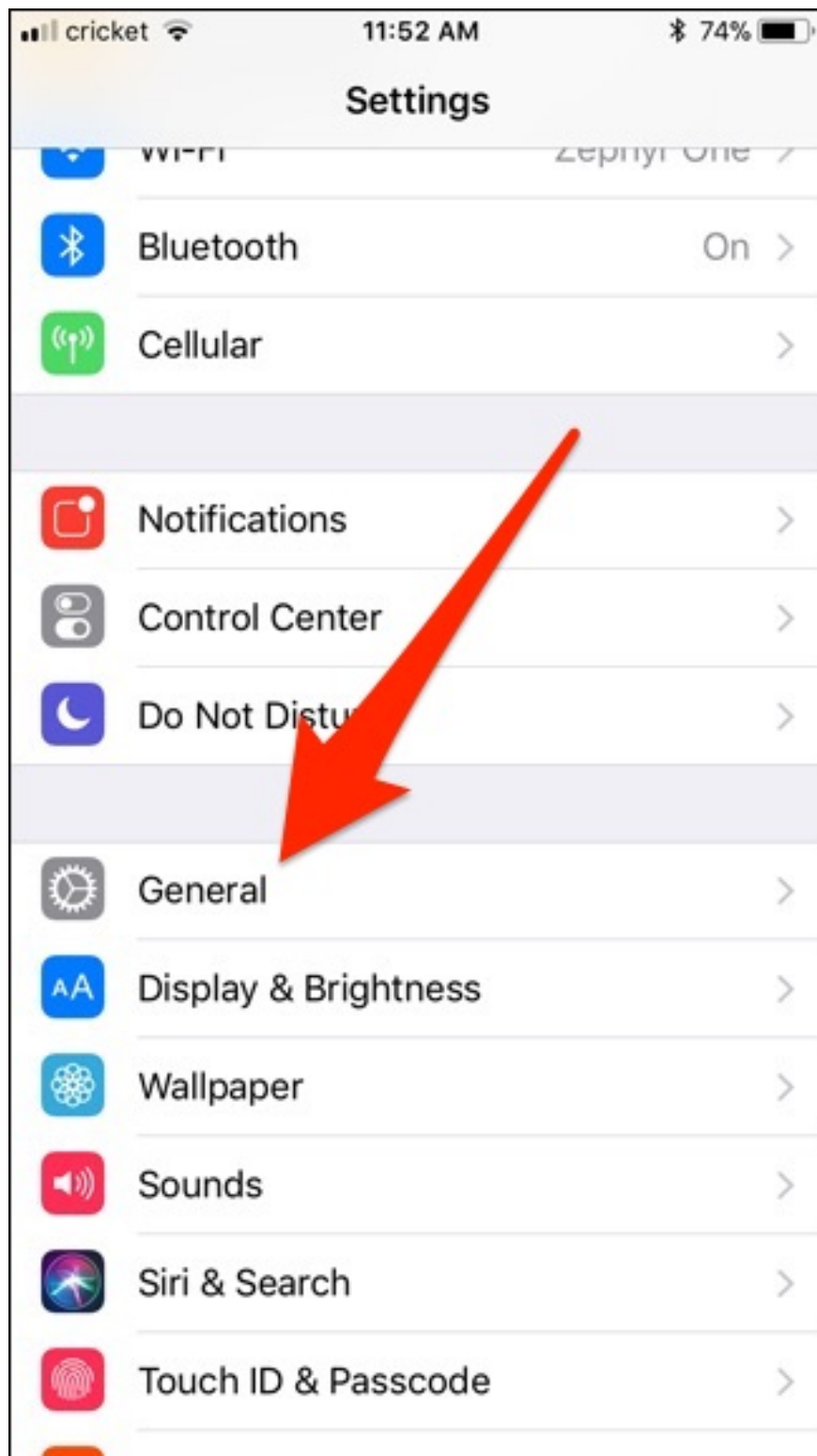
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You may think that reducing the screen brightness too much will make the screen too dark and you cannot read it. However, that case only happens when you are outdoors or in a room with bright light. You will be amazed at how bright the iPhone screen is when dimmed and still used perfectly in a completely dark room.

So, if the lowest brightness of the iPhone screen is still too bright for you, you reduce the screen brightness to below the allowable limit with the Accessibility setting. This is how you do it.

How to reduce the maximum screen brightness of iPhone

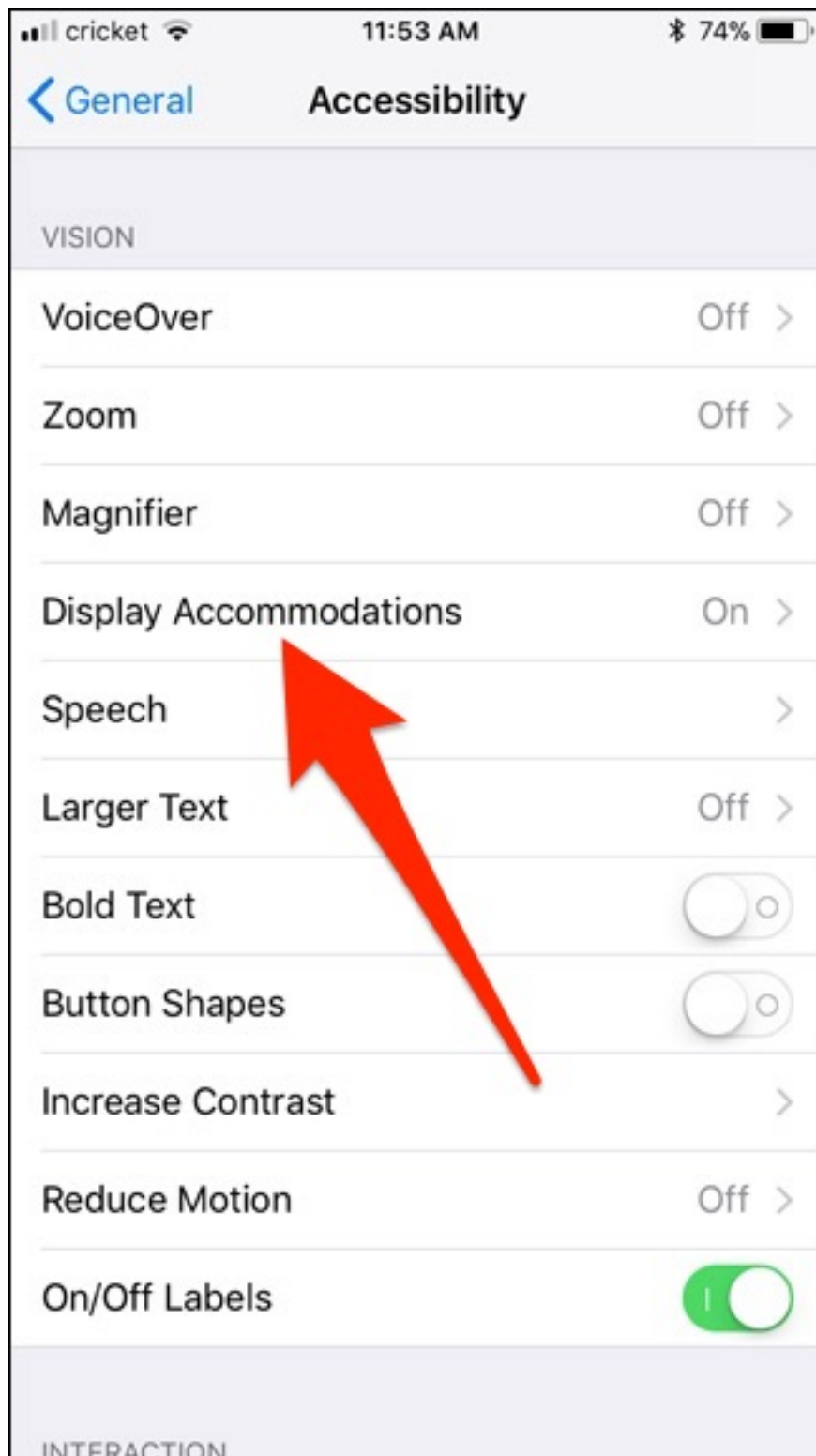
First, open the **Settings / Settings** app from the main screen, then select **General / General settings** .



Choose **Accessibility / Accessibility** .



Select **Display Accommodations** .



Turn on the switch next to **Reduce White Point** .



When turning on white point reduction, you will see a bar that adjusts the screen brightness below. Adjust this bar, screen brightness will decrease slightly.



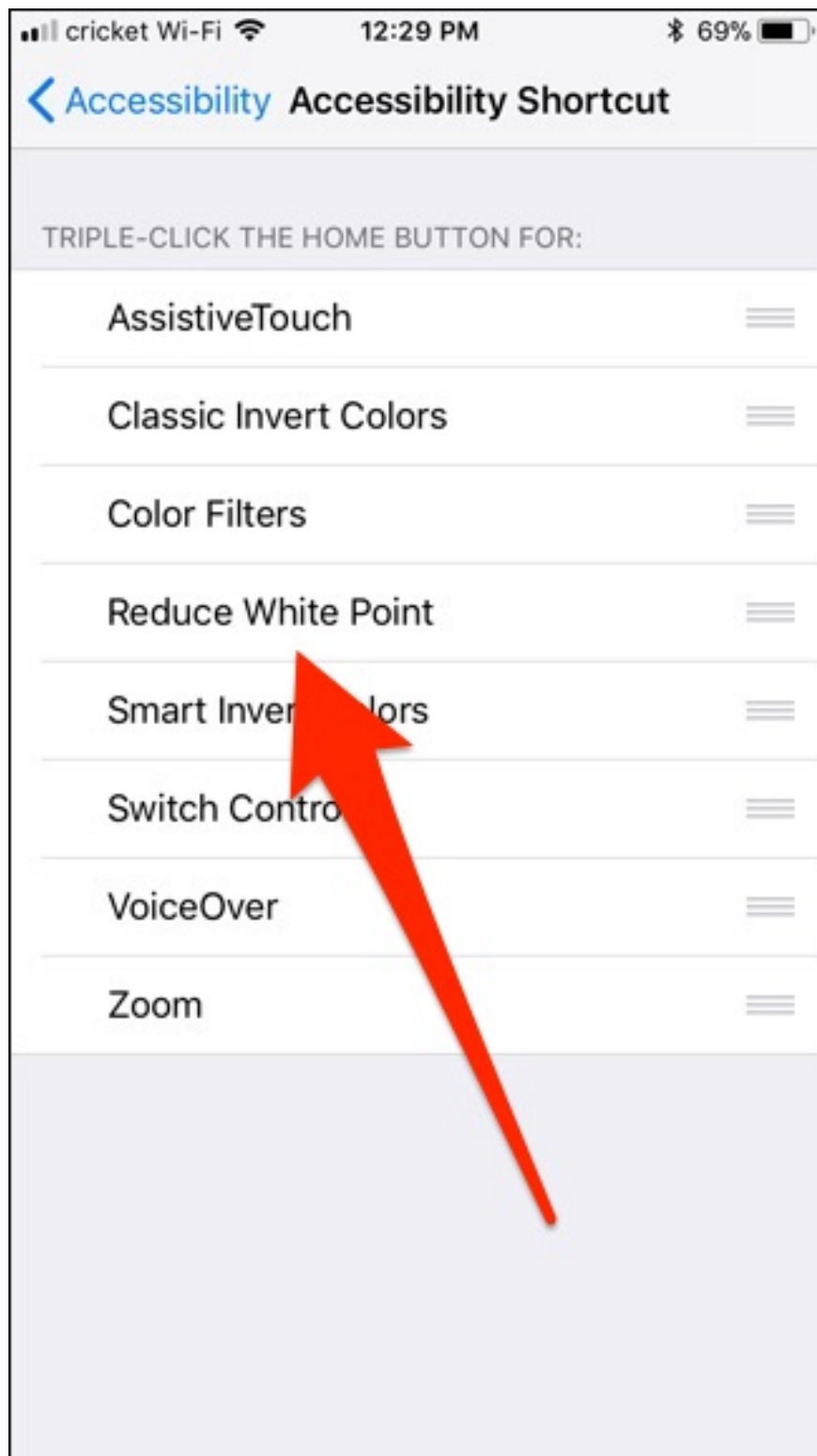
Drag the slider to the left and right to increase or decrease the screen brightness. The larger the display percentage, the darker the screen. Note, if you adjust the slider to 100% and the screen is still lit, you can adjust the internal slider in the Control Center. Coordinate using these two sliders to create the desired brightness.

When you have adjusted the desired brightness, you should set the Shortcut to be able to turn off / off the white by pressing the Home button three times. First, go back to the Accessibility screen, scroll down to select the

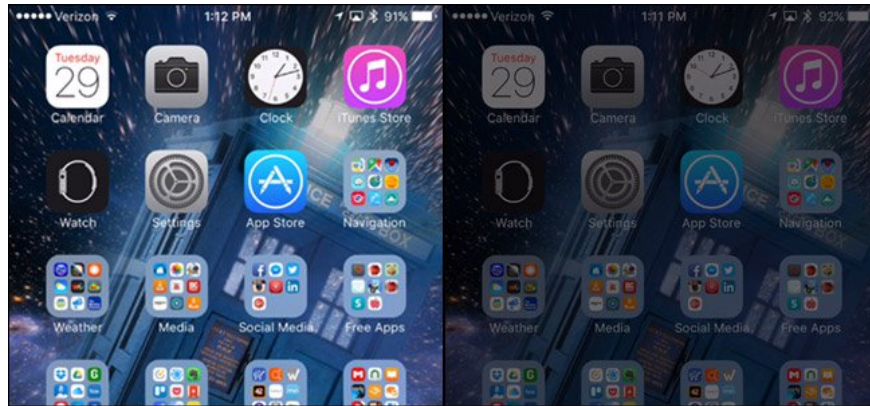
Accessibility Shortcut.



Choose "Reduce White Point".



Now, when you press the Home button three times, it will turn on or turn off the Reduce White Point feature, allowing you to quickly reduce screen brightness when it gets dark. We have the following result:



Note that this setting is used when you are in a dark room, so it's best to stay in a dark room and adjust the screen brightness as desired. Once successfully installed, they will be automatically saved.

See more:

1. Turn iPhone screen into black and white
2. How to turn off auto-light on iOS 11
3. How to turn off the auto update feature on iPhone

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